White Belt Techniques

1

More info for the rank **Link**
Just checking how this reacts when added with the first info.

Information	Techniques	Workouts
Mantra Link	Jab Link	Squats Link - 1 x 2 0	"d 1 m i n u t e
	Cross	

2	3	4
cult Link	rounds Link - 3s	1 minute	break Link - 10r

5

idk Link

Notes