



## Blue Belt Techniques

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Information		
Techniques	Workouts	
Jab <a href="#">Link</a>	Squats - 1 x 2 0   "d 1 <a href="#">Link</a> ute	<a href="#">Link</a>
Cross <a href="#">Link</a>		information <a href="#">Link</a>
2	3	4
hi <a href="#">Link</a>	hi - 3s   1 minute <a href="#">Link</a>	hi - 10r <a href="#">Link</a>
5	6	7
<a href="#">Link</a>	hi	hi
Notes		