



## White Belt Techniques

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| 1  |                                  |   |                           |
|--|----------------------------------|---|---------------------------|
| <b>More info for the rank</b><br>Just checking how this reacts when added with the first info.<br><a href="#">Link</a> |                                  |   |                           |
| Information  | Techniques                       | Workouts  | 2                         |
| Mantra <a href="#">Link</a>  | Jab <a href="#">Link</a>         | Squats - 1 x 20   "d 1 <a href="#">Link</a> ute | cult <a href="#">Link</a> |
|  | Cross                            |   |                           |
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| 3  | 4                                | 5   | Notes                     |
| rounds - 3s   1 minute <a href="#">Link</a>  | break - 10r <a href="#">Link</a> | idk <a href="#">Link</a>                        |                           |
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