Black Belt Techniques

Information
Mantra
Dont be a bully
Video: https://www.youtube.com/watch?v=O6XTBhnBmv8&list=FLpny83IPimS1KLaj2gzLfuQ

Techniques	Workouts
Jab 1 x 2 0 "d 1 minut	Squats 1 x 2 0 "d 1 minut

	Notes