

# Purple Belt Techniques

|   |  | Information                   |                      |
|---|--|-------------------------------|----------------------|
| <b>Mantra</b> <a href="#">[Link]</a><br>Dont be a bully |  |                               |                      |
| Techniques  |  | Workouts                      |                      |
| Jab <a href="#">[Link]</a>                              |  | Squats <a href="#">[Link]</a> | 1 x 2 0   "d 1 minut |
|   |  |                               |                      |
|   |  |                               |                      |
|   |  |                               |                      |
|   |  |                               |                      |
|   |  |                               |                      |
|   |  |                               |                      |
|   |  |                               |                      |
|   |  |                               |                      |
|   |  |                               |                      |
|   |  |                               |                      |
|   |  |                               |                      |
|   |  |                               |                      |
|   |  |                               |                      |
|   |  |                               |                      |
|   |  |                               |                      |
|   |  |                               |                      |
|   |  |                               |                      |
|   |  |                               |                      |
|   |  |                               |                      |
|   |  |                               |                      |
|   |  | Notes                         |                      |
|   |  |                               |                      |
|   |  |                               |                      |
|   |  |                               |                      |