



Blue Belt Techniques

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Information		
Mantra Dont be a bully Link		
Techniques	Workouts	1
Jab Link	Squats - 1 x 20 "d 1 Link u t e	Link
Cross Link		information Link
2	3	4
hi Link	hi - 3s 1 minute Link	hi - 10r Link
5	6	7
Link	hi	hi
Notes		