

Green Belt Techniques

Kempo / Martial Arts School

| Information                                    |   |
|--|---|
| Mantra <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 minute |
| Cross <a href="#">Link</a>                     |   |
|  |   |
|  |   |
|  |   |
|  |   |
|  |   |
|  |   |
|  |   |
|  |   |
|  |   |
|  |   |
|  |   |
|  |   |
|  |   |
|  |   |
|  |   |
|  |   |
|  |   |
|  |   |
|  |   |
|  |   |
| Notes  |   |
|  |   |
|  |   |
|  |   |
|  |   |