



White Belt Techniques

Kempo / THE PIT Idaho
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<div>More info for the rank</div> <div>Just checking how this reacts when added with the first info.</div> <div>Link</div>			
Information	Techniques	Workouts	2
Mantra - Link	Jab - Link	Squats - 1 sets x 20 reps <= 1 minute -	cult - Link
	Cross	Link	
3	4	5	Notes
rounds - 3 sets / 1 minute duration -	break - 10 reps - Link	idk - Link	
Link			