

Brown Belt Techniques

| Information   |   |                                  |                         |
|---|---|----------------------------------|-------------------------|
| <div>Mantra <a href="#">Link</a></div> <div>Dont be a bully</div> |   |                                  |                         |
| Techniques  | Workouts  | 1                                | 2                       |
| Jab <a href="#">Link</a>  | Squats <a href="#">Link</a> - 1 x 2 0   "d 1 minute | <a href="#">Link</a>             | hi <a href="#">Link</a> |
| Cross <a href="#">Link</a>  |   | information <a href="#">Link</a> |                         |
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| 3   | 4   | 5                                | Notes                   |
| hi <a href="#">Link</a> - 3s   1 minute                           | hi <a href="#">Link</a> - 10r                       | <a href="#">Link</a>             |                         |
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