

# White Belt Techniques

## Information

**Mantra** [Link](#)

Dont be a bully

1

**More info for the rank** [Link](#)

Just checking how this reacts when added with the first info.

### Techniques

### Workouts

2

Jab [Link](#)

Squats [Link](#) - 1 x 2 0 | "d 1 minute

cult [Link](#)

Cross

3

4

5

rounds [Link](#) - 3s | 1 minute

break [Link](#) - 10r

idk [Link](#)

## Notes