White Belt Techniques

1			
More info for the rank Just checking how this reacts when added with the first info. Link			

Information	Techniques	Workouts	2
Mantra Link	Jab Link	Squats - 1 x 2 0 | "d 1 minute link	cult Link
	Cross		

3	4	5	Notes
rounds - 3s | 1 minute Link	break - 10r Link	idk Link	