

A wide, solid blue horizontal banner. On the right side, the text "Kempo / Martial Arts School" is written in a small, white, sans-serif font. In the center, the text "Blue Belt Techniques" is written in a large, bold, white, sans-serif font.

Mantra

Look

Information

Dont be a bully

Dont be a bully

Techniques

Workouts

Jab [Link](#)

Squats [Link](#) 1 x 20 | "d 1 m

Squats [Link](#) 1 x 20 | "d 1 m

Cross [Link](#)