Red Belt Techniques

Information			
Mantra Link Dont be a bully			
Techniques	**Workouts**	**1**	**2**
Jab Link	Squats Link - 1 x 2 0 | "d 1 m i n u t e	Link	hi Link
Cross Link		information Link	
3	**4**	**5**	**Notes**
hi Link - 3s | 1 minute	hi Link - 10r	Link	