

Red Belt Techniques

Information			
<div>Mantra</div> <div>Dont be a bully</div> <div>Link</div>			
Techniques	Workouts	1	2
Jab Link	Squats - 1 x 20 "d 1 min ute	Link	hi Link
Cross Link		information Link	
3	4	5	Notes
hi - 3s 1 minute Link	hi - 10r Link	Link	