



## Brown Belt Techniques

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### Information

#### Mantra

Dont be a bully

[Link](#)

| Techniques                              | Workouts  | 1                                | 2                       |
|---|---|----------------------------------|-------------------------|
| Jab <a href="#">Link</a>                | Squats - 1 x 20   "d 1 <a href="#">Link</a> u t e | <a href="#">Link</a>             | hi <a href="#">Link</a> |
| Cross <a href="#">Link</a>              |   | information <a href="#">Link</a> |                         |
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|   |   |                                  |                         |
| 3                                       | 4   | 5                                | Notes                   |
| hi - 3s   1 minute <a href="#">Link</a> | hi - 10r <a href="#">Link</a>                     | <a href="#">Link</a>             |                         |
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