

White Belt Techniques

1			
<div>More info for the rank</div> <div>Just checking how this reacts when added with the first info.</div> <div>Link</div>			
Information	Techniques	Workouts	2
Mantra Link	Jab Link	Squats - 1 x 2 0 "d 1 min ute	cult Link
	Cross		
3	4	5	Notes
rounds - 3s 1 minute Link	break - 10r Link	idk Link	