

Brown Belt Techniques

| Information | | | |
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| Mantra Dont be a bully Link | | | |
| Techniques | Workouts | 1 | 2 |
| Jab Link | Squats - 1 x 2 0 "d 1 Link ute | Link | hi Link |
| Cross Link | | information Link | |
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| 3 | 4 | 5 | Notes |
| hi - 3s 1 minute Link | hi - 10r Link | Link | |
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