



White Belt Techniques

Kempo / THE PIT Idaho
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1			
More info for the rank Just checking how this reacts when added with the first info. Link			
Information	Techniques	Workouts	2
Mantra - Link	Jab - Link	Squats - 1 sets x 20 reps <=1 minute -	cult - Link
	Cross	Link	
3	4	5	Notes
rounds - 3 sets / 1 minute duration -	break - 10 reps - Link	idk - Link	
Link			