

# Martial Arts School

## Kempo - Green Belt

Curriculum Requirements

### INFORMATION

#### [Skill] Mantra

Dont be a bully

Video: <https://www.youtube.com/watch?v=O6XTBhnBmv8&list=FLpny83IPimS1KLaj2gzLfuQ>

### TECHNIQUES

#### [Skill] Jab

hit them

Video: <https://www.youtube.com/watch?v=O6XTBhnBmv8&list=FLpny83IPimS1KLaj2gzLfuQ>

### WORKOUTS

#### [Workout] Squats

1 sets/rounds | 20 reps | "d 1

Squat

Video: <https://www.youtube.com/watch?v=O6XTBhnBmv8&list=FLpny83IPimS1KLaj2gzLfuQ>