



White Belt Techniques

Kempo / THE PIT Idaho
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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 Cross	Squats - 1 sets x 20 reps <= 1 minute - Link	cult - Link
3	4	5	Notes
rounds - 3 sets / 1 minute duration - Link	break - 10 reps - Link	idk - Link	