



# 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 - <a href="#">Link</a>	Jab - <a href="#">Link</a> Cross	Squats - 1 sets x 20 reps <=1 minute - Link	cult - <a href="#">Link</a>
3	4	5	Notes
rounds - 3 sets / 1 minute duration - <a href="#">Link</a>	break - 10 reps - <a href="#">Link</a>	idk - <a href="#">Link</a>	