

# Black Belt Techniques

Information			
Techniques	Workouts	1	2
Jab <a href="#">Link</a>	Squats - 1 x 20   "d 1 <a href="#">min</a> ute	<a href="#">Link</a>	hi <a href="#">Link</a>
Cross <a href="#">Link</a>		information <a href="#">Link</a>	
3	4	5	Notes
hi - 3s   1 minute <a href="#">Link</a>	hi - 10r <a href="#">Link</a>	<a href="#">Link</a>	