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White Belt Techniques

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 x 2 0 | "d 1 link u t e	cult Link
	Cross		
3	**4**	**5**	**Notes**
rounds - 3s | 1 minute Link	break - 10r Link	idk Link	