

## White Belt Techniques

Information					
<div><div>Mantra</div><div>Dont be a bully</div><div>Video: <a href="https://www.youtube.com/watch?v=O6XTBhnBmv8&amp;list=FLpny83IPimS1KLaj2gzLfuQ">https://www.youtube.com/watch?v=O6XTBhnBmv8&amp;list=FLpny83IPimS1KLaj2gzLfuQ</a></div></div>					
Techniques			Workouts		
Jab			Squats	1 x 20 "d 1 minut	
				Notes	