

Martial Arts School

Kempo - White Belt

Curriculum Requirements

INFORMATION

[Knowledge] Mantra

Dont be a bully

Video: <https://www.youtube.com/watch?v=O6XTBhnBmv8&list=FLpny83IPimS1KLaj2gzLfuQ>

TECHNIQUES

[Skill] Jab

hit them

Video: <https://www.youtube.com/watch?v=O6XTBhnBmv8&list=FLpny83IPimS1KLaj2gzLfuQ>

WORKOUTS

[Workout] Squats

1 sets/rounds | 20 reps | "d 1

Squat

Video: <https://www.youtube.com/watch?v=O6XTBhnBmv8&list=FLpny83IPimS1KLaj2gzLfuQ>