



# White Belt Techniques

Kempo / THE PIT Idaho  
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1			
<b>More info for the rank</b> Just checking how this reacts when added with the first info. <a href="#">Link</a>			
Information	Techniques	Workouts	2
Mantra - <a href="#">Link</a>	Jab - <a href="#">Link</a>	Squats - 1 sets x 20 reps <= 1 minute -	cult - <a href="#">Link</a>
	Cross	<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>	