



# 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 - 1x20   <=1 minute <a href="#">Link</a>	cult <a href="#">Link</a>
	Cross		
3	4	5	Notes
rounds - 3s   1 minute <a href="#">Link</a>	break - 10r <a href="#">Link</a>	idk <a href="#">Link</a>	