

# Martial Arts School

## Kempo - Yellow Belt

### Curriculum Requirements

## INFORMATION

### [Skill] 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>