White Belt Techniques

1			
More info for the rank Link Just checking how this reacts when added with the first info.			
Information	**Techniques**	**Workouts**	**2**
Mantra Link	Jab Link	Squats Link - 1 x 2 0	"d 1 m i n u t e	cult Link
	Cross		
3	**4**	**5**	**Notes**
rounds Link - 3s	1 minute	break Link - 10r	idk Link	