



White Belt Techniques

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1			
More info for the rank Just checking how this reacts when added with the first info. Link			
Information	Techniques	Workouts	2
Mantra Link	Jab Link	Squats - 1 x 20 "d 1 Link ute	cult Link
	Cross		
3	4	5	Notes
rounds - 3s 1 minute Link	break - 10r Link	idk Link	