

White Belt Techniques

1			
<div>More info for the rank</div> <div>Just checking how this reacts when added with the first info.</div> <div><a href="#">Link</a></div>			
Information	Techniques	Workouts	2
Mantra <a href="#">Link</a>	Jab <a href="#">Link</a>	Squats - 1 x 2 0   "d 1 <a href="#">Link</a> ute	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>	