

Red Belt Techniques

Information			
<div>Mantra</div> <div>Dont be a bully</div> <div><a href="#">Link</a></div>			
Techniques	Workouts	1	2
Jab <a href="#">Link</a>	Squats - 1 x 20   "d 1 <a href="#">min</a> ute	<a href="#">Link</a>	hi <a href="#">Link</a>
Cross <a href="#">Link</a>		information <a href="#">Link</a>	
3	4	5	Notes
hi - 3s   1 minute <a href="#">Link</a>	hi - 10r <a href="#">Link</a>	<a href="#">Link</a>	