



## White Belt Techniques

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### More info for the rank

Just checking how this reacts when added with the first info.

[Link](#)

Information	Techniques	Workouts	2
Mantra <a href="#">Link</a>	Jab <a href="#">Link</a> Cross	Squats - 1 x 20   "d 1 <del>link</del> minute	cult <a href="#">Link</a>
3	4	5	Notes
rounds - 3s   1 minute <a href="#">Link</a>	break - 10r <a href="#">Link</a>	idk <a href="#">Link</a>	