



Black Belt Techniques

Kempo / THE PIT Idaho
10 s. Cole rd
BOISE, ID, 83709
(208) 991-0768

Information

Mantra

Dont be a bully

[Link](#)

| Techniques | Workouts | 1 | 2 |
|--|---|------------------------------------|---------------------------|
| Jab - Link | Squats - 1 sets x 20 reps <= 1 minute - Link | - Link | hi - Link |
| Cross - Link | Link | information - Link | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| 3 | 4 | 5 | Notes |
| hi - 3 sets / 1 minute duration - Link | hi - 10 reps - Link | - Link | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |