



## Black Belt Techniques

Kempo / THE PIT Idaho  
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Information			
<b>Mantra</b> Dont be a bully <a href="#">Link</a>			
Techniques	Workouts	1	2
Jab - <a href="#">Link</a>	Squats - 1 sets x 20 reps <=1 minute -	- <a href="#">Link</a>	hi - <a href="#">Link</a>
Cross - <a href="#">Link</a>	<a href="#">Link</a>	information - <a href="#">Link</a>	
3	4	5	Notes
hi - 3 sets / 1 minute duration - <a href="#">Link</a>	hi - 10 reps - <a href="#">Link</a>	- <a href="#">Link</a>	