



# Purple Belt Techniques

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

Information			
Techniques	Workouts	1	2
Jab <a href="#">Link</a>	Squats - 1x20   <=1 minute <a href="#">Link</a>	<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>	