



Purple Belt Techniques

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

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