



Purple Belt Techniques

Kempo / THE PIT Idaho
10 s. Cole rd
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(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	