



Blue Belt Techniques

Kempo / THE PIT Idaho
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Information

Define the Champion mentality.

Being the best you can be in any endeavor. Putting 100% into what you do and make the necessary steps, sacrifices, tasks and strategies to accomplish your goal.

What is the PIT definition of commitment?

Commitment is dedication to whatever task you set yourself on and seeing it to completion.

What is the definition of fortitude?

Fortitude is the mental strength that enables someone to face pain, danger, hardship or adversity with resolute courage.

How does exercise enhance life?

Through physical activity, your body becomes stronger, faster and more agile. With these traits, everything in life becomes easier. Pushing yourself mentally, physically and emotionally will help you to adapt to any situation.

| Techniques | Workouts | Gatekeeper* |
|--------------------------------|-----------------------------------------------------|-----------------------------------------|
| Clinch - Link | 550 m Row - \leq 4 Minutes - Link | Row - 275 distance |
| Whizzer - Link | 20 Squats - 10 reps \leq 1 Minute | Hip Tosses - 12 reps |
| Liver Kick | 10 Pushups - 10 reps \leq 1 Minute | Box Jumps - 12 reps |
| Liver Punch | 10 Situps - 10 reps \leq 1 Minute | 4 Blitz - Sprawl - Round Kick - 12 reps |
| Leg Check | 10 Box Jumps - 10 reps \leq 1 Minute | Sledges - 12 reps |
| | 10 Burpees - 10 reps \leq 1 Minute | Doubles - 14 reps |
| | Gatekeeper* - \leq 13 Minutes | or Singles - 80 reps |
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Notes