



## Yellow Belt Techniques

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

Information		
Techniques	Workouts	Gatekeeper
Jab - <a href="#">Link</a>	Squats - 1 sets x 20 reps ≤ 1 minute - <a href="#">Link</a>	Row
Cross - <a href="#">Link</a>		Hip Tosses
		Box Jumps
		4 Blitz - Sprawl
		Sledges
		Doubles on Jump Rope
		Singles on Jump Rope
Notes		