



Purple Belt Techniques

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

| Information | | | |
|--|--|------------------------------------|---------------------------|
| Mantra Dont be a bully Link | | | |
| Techniques | Workouts | 1 | 2 |
| Jab - Link | Squats - 1x20 ≤1 minute - Link | - Link | hi - Link |
| Cross - Link | | information - Link | |
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| 3 | 4 | 5 | Notes |
| hi - 3s / 1 minute - Link | hi - 10r - Link | - Link | |
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