



Black 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 - 1 sets x 20 reps ≤1 minute	- Link	hi - Link
Cross - Link		information - Link	
3	4	5	Notes
hi - 3 sets / 1 minute duration - Link	hi - 10 reps - Link	- Link	