



Orange Belt Techniques

Kempo / THE PIT Idaho
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Information

The PIT SLO History

In 1998, Chuck Liddell opened SLO Kickboxing in San Luis Obispo, CA. In May 2011 Cruz Gomez bought the gym and reopened it as The PIT SLO to join The PIT affiliation with John Hackleman.

The PIT Idaho History

Cruz sold The PIT SLO in 2015 before moving to Idaho with Sophie in 2016. Cruz and Sophie re-opened the PIT Idaho in their garage in 2016, and opened their original brick and mortar location as a new gym in 2017.

What Martial Arts is Hawaiian Kempo part of, what does it stand for, and who is the founder?

KaJuKenBo / Ka=Karate, Ju=Jiu-jitsu, Ken=Kenpo, Bo=Boxing / Adrian Emperado

What is the belt order from white to black?

White – Yellow – Orange – Purple – Blue – Blue/Black – Green – Camo/Green – Green/Black – Red – Camo/Red – Red/Black – Brown – Camo/Brown – Brown w/ black – Brown/Black – Black

Why was Hawaiian Kempo created by John Hackleman?

John Hackleman was a Kajukenbo black belt, and felt there were techniques taught that were no longer effective for sport and street self-defense. He removed things like katas, forms, and ineffective stances to create a new system of no-nonsense martial arts.

[Link](#)

Techniques	Workouts	1	2
Jab - Link	Squats - 1 sets x 20 reps <=1 minute - Link	- Link	hi - Link
Cross - Link		information - Link	
3	4	5	Gatekeeper
hi - 3 sets / 1 minute duration - Link	hi - 10 reps - Link	- Link	Row
			Hip Tosses
			Box Jumps
			4 Blitz - Sprawl
			Sledges
			Doubles on Jump
			Singles on Jump

Notes