



Black Belt Techniques

Kempo / THE PIT Idaho
www.thepitidaho.com
thepitidaho@gmail.com
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 x 20 "d 1 Link ute	Link	hi Link
Cross Link		information Link	
3	4	5	Notes
hi - 3s 1 minute Link	hi - 10r Link	Link	