



Red 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	
3	4	5	Notes
hi - 3s 1 minute Link	hi - 10r Link	Link	