



# 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 - <a href="#">Link</a>	Squats - 1 sets x 20 reps <=1 minute -  <a href="#">Link</a>	- <a href="#">Link</a>	hi - <a href="#">Link</a>
Cross - <a href="#">Link</a>	Link	information - <a href="#">Link</a>	
3	4	5	Notes
hi - 3 sets / 1 minute duration - <a href="#">Link</a>	hi - 10 reps - <a href="#">Link</a>	- <a href="#">Link</a>	