



White Belt Techniques

Kempo / THE PIT Idaho
10 s. Cole rd
BOISE, ID, 83709
(208) 991-0768

1

More info for the rank

Just checking how this reacts when added with the first info.

[Link](#)

| Information | Techniques | Workouts | 2 |
|---|---|--|-----------------------------|
| Mantra - Link | Jab - Link Cross | Squats - 1 sets x 20 reps <=1 minute - Link | cult - Link |
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| 3 | 4 | 5 | Notes |
| rounds - 3 sets / 1 minute duration - Link | break - 10 reps - Link | idk - Link | |
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