



**Kempo / THE PIT Idaho**  
10 s. Cole rd  
BOISE, ID, 83709  
(208) 991-0768  
thepitidaho@gmail.com  
www.thepitidaho.com

## White Belt Techniques

1			
<b>More info for the rank</b> Just checking how this reacts when added with the first info. <a href="#">Link</a>			
Information	Techniques	Workouts	2
Mantra <a href="#">Link</a>	Jab <a href="#">Link</a>	Squats - 1 x 20   "d 1 <a href="#">Link</a> ute	cult <a href="#">Link</a>
	Cross		
3	4	5	Notes
rounds - 3s   1 minute <a href="#">Link</a>	break - 10r <a href="#">Link</a>	idk <a href="#">Link</a>	