



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 x 2 0 "d 1 Link ute	cult Link
3	4	5	Notes
rounds - 3s 1 minute Link	break - 10r Link	idk Link	