



## Red Belt Techniques

Kempo / THE PIT Idaho  
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### Information

#### Mantra

Dont be a bully

[Link](#)

Techniques	Workouts	1	2
Jab <a href="#">Link</a>	Squats - 1x20   ≤1 minute <a href="#">Link</a>	<a href="#">Link</a>	hi <a href="#">Link</a>
Cross <a href="#">Link</a>		information <a href="#">Link</a>	
3	4	5	Notes
hi - 3s   1 minute <a href="#">Link</a>	hi - 10r <a href="#">Link</a>	<a href="#">Link</a>	