



Black Belt Techniques

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

Information

Mantra

Dont be a bully

Techniques

Jab - [Link](#)

Cross - [Link](#)

Workouts

Squats - 1 sets x 20 reps < 1 minute - [Link](#)

Notes