



Black Belt Techniques

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

Information

Mantra

Dont be a bully

Link

Techniques	Workouts
Jab - Link	Squats - 1 sets x 20 reps \leq 1 minute - Link
Cross - Link	

Notes