



## Green Belt Techniques

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

| Information  |  |                                    |                           |
|--|--|------------------------------------|---------------------------|
| <b>Mantra</b><br>Dont be a bully<br><a href="#">Link</a> |  |                                    |                           |
| Techniques   | Workouts   | 1                                  | 2                         |
| Jab - <a href="#">Link</a>                               | Squats - 1 sets x 20 reps <= 1 minute - <a href="#">Link</a> | - <a href="#">Link</a>             | hi - <a href="#">Link</a> |
| Cross - <a href="#">Link</a>                             | Link   | information - <a href="#">Link</a> |                           |
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| 3  | 4  | 5                                  | Notes                     |
| hi - 3 sets / 1 minute duration - <a href="#">Link</a>   | hi - 10 reps - <a href="#">Link</a>                          | - <a href="#">Link</a>             |                           |
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