



# **Black Belt Techniques**

**Kempo / THE PIT Idaho**  
10 s. Cole rd  
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## Information

## Mantra

## Dont be a bully

Techniques	Workouts
Jab - <a href="#">Link</a>	Squats - 1 sets x 20 reps ≤ 1 minute - <a href="#">Link</a>
Cross - <a href="#">Link</a>	