



## Blue Belt Techniques

**Kempo / THE PIT Idaho**  
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### Information

#### Define the Champion mentality.

Being the best you can be in any endeavor. Putting 100% into what you do and make the necessary steps, sacrifices, tasks and strategies to accomplish your goal.

#### What is the PIT definition of commitment?

Commitment is dedication to whatever task you set yourself on and seeing it to completion.

#### What is the definition of fortitude?

Fortitude is the mental strength that enables someone to face pain, danger, hardship or adversity with resolute courage.

#### How does exercise enhance life?

Through physical activity, your body becomes stronger, faster and more agile. With these traits, everything in life becomes easier. Pushing yourself mentally, physically and emotionally will help you to adapt to any situation.

Techniques	Workouts	Gatekeeper*	Notes
Clinch - <a href="#">Link</a>	550 m Row - $\leq$ 4 Minutes - <a href="#">Link</a>	Row - 275 distance	
Whizzer - <a href="#">Link</a>	20 Squats - 10 reps $\leq$ 1 Minute	Hip Tosses - 12 reps	
Liver Kick	10 Pushups - 10 reps $\leq$ 1 Minute	Box Jumps - 12 reps	
Liver Punch	10 Situps - 10 reps $\leq$ 1 Minute	4 Blitz - Sprawl - 12 reps	
Leg Check	10 Box Jumps - 10 reps $\leq$ 1 Minute	Sledges - 12 reps	
	10 Burpees - 10 reps $\leq$ 1 Minute	Doubles - 14 reps	
	Gatekeeper* - $\leq$ 13 Minutes	or Singles - 80 reps	