



## Black Belt Techniques

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

## Information

## Mantra

## Dont be a bully

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