



Blue Belt Techniques

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

Information		
Techniques	Workouts	1
Jab Link	Squats - 1 x 2 0 "d 1 link u t e	Link
Cross Link		information Link
2	3	Notes
hi Link	hi - 3s 1 minute Link	