



## Red Belt Techniques

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

### Information

#### Mantra

Dont be a bully

[Link](#)

Techniques	Workouts	1	2
Jab - <a href="#">Link</a>	Squats - 1x20 ≤1 minute - <a href="#">Link</a>	- <a href="#">Link</a>	hi - <a href="#">Link</a>
Cross - <a href="#">Link</a>		information - <a href="#">Link</a>	
3	4	5	Notes
hi - 3s / 1 minute - <a href="#">Link</a>	hi - 10r - <a href="#">Link</a>	- <a href="#">Link</a>	