



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 Link | Squats - 1x20 ≤1 minute Link | Link | hi Link |
| Cross Link | | information Link | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| 3 | 4 | 5 | Notes |
| hi - 3s 1 minute Link | hi - 10r Link | Link | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |