



Black 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 |
|------------------------------|---|
| Jab - Link | Squats - 1 sets x 20 reps ≤ 1 minute - Link |
| Cross - Link | |
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