



Brown Belt Techniques

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

Information				
Techniques	Workouts	1	2	
Jab - Link	Squats - 1 sets x 20 reps <= 1 minute - Link	- Link	hi - Link	
Cross - Link	Link	information - Link		
3	4	5	Notes	
hi - 3 sets / 1 minute duration - Link	hi - 10 reps - Link	- Link		