

Red Belt Techniques

Kempo / THE PIT Idaho
10 s. Cole rd
BOISE, ID, 83709
2089910768

Information				
Techniques	Workouts	1	2	
Jab Link	Squats - 1 x 20 "d 1 Link u t e	Link	hi Link	
Cross Link		information Link		
3	4	5	Notes	
hi - 3s 1 minute Link	hi - 10r Link	Link		