



## Red Belt Techniques

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

Information	
Techniques	Workouts
Jab - <a href="#">Link</a>	Squats - 1 sets x 20 reps < 1 minute - <a href="#">Link</a>
Cross - <a href="#">Link</a>	
Notes	