



## Blue Belt Techniques

**Kempo / THE PIT Idaho**  
www.thepitidaho.com  
thepitidaho@gmail.com  
10 s. Cole rd  
BOISE, ID, 83709  
(208) 991-0768

Information		
<b>Mantra</b> Dont be a bully <a href="#">Link</a>		
Techniques	Workouts	1
Jab <a href="#">Link</a>	Squats - 1 x 20   "d 1 <a href="#">Link</a> u t e	<a href="#">Link</a>
Cross <a href="#">Link</a>		information <a href="#">Link</a>
2	3	4
hi <a href="#">Link</a>	hi - 3s   1 minute <a href="#">Link</a>	hi - 10r <a href="#">Link</a>
Notes		