



FUNDAMENTALS JIU-JITSU

PLANNING 2025 - 2026

www.fundamentals-jiu-jitsu.be

02/09		05/09		09/09		12/09		16/09		19/09		23/09		26/09	
SELF-DEFENSE Bevrijdingen		SELF-DEFENSE Pakkingen		SELF-DEFENSE Wurgingen		SELF-DEFENSE Klemmen		SELF-DEFENSE Headlocks		SELF-DEFENSE Bearhugs		SELF-DEFENSE Worpen		SELF-DEFENSE Afstandaanvallen	
FOCUS Guard		FOCUS Guard		FOCUS Mount		FOCUS Mount		FOCUS Side Control		FOCUS Side Control		FOCUS Back/Turtle		FOCUS Back/Turtle	
30/09		03/10		07/10		10/10		14/10		17/10		21/10		24/10	
EXAMEN PROGRAMMA		SELF-DEFENSE Pakkingen		SELF-DEFENSE Controle		SELF-DEFENSE Wurgingen		SELF-DEFENSE Headlocks		SELF-DEFENSE Wapens		SELF-DEFENSE Bearhugs		SELF-DEFENSE Afstandaanvallen	
		FOCUS Kickboxing		FOCUS Guard		FOCUS Guard		FOCUS Mount		FOCUS Mount		FOCUS Side Control		FOCUS Side Control	
28/10		31/10		04/11		07/11		11/11		14/11		18/11		21/11	
SELF-DEFENSE Close Combat		EXAMEN PROGRAMMA		SELF-DEFENSE Pakkingen		SELF-DEFENSE Wurgingen		GEEN TRAINING		SELF-DEFENSE Bevrijdingen		SELF-DEFENSE Headlocks		SELF-DEFENSE Bearhugs	
FOCUS Back/Turtle				FOCUS Kickboxing		FOCUS Kickboxing				FOCUS Guard		FOCUS Mount		FOCUS Mount	
25/11		28/11		02/12		05/12		09/12		12/12		16/12		19/12	
SELF-DEFENSE Klemmen		EXAMEN PROGRAMMA		SELF-DEFENSE Afstandaanvallen		SELF-DEFENSE Pakkingen		SELF-DEFENSE Worpen		SELF-DEFENSE Wurgingen		SELF-DEFENSE Headlocks		EXAMEN PROGRAMMA	
FOCUS Side Control				FOCUS Back/Turtle		FOCUS Back/Turtle		FOCUS Kickboxing		FOCUS Kickboxing		FOCUS Guard			
23/12		26/12		30/12		02/01		06/01		09/01		13/01		16/01	
KERSTVAKANTIE		KERSTVAKANTIE		KERSTVAKANTIE		KERSTVAKANTIE		SELF-DEFENSE Controle		SELF-DEFENSE Bearhugs		SELF-DEFENSE Afstandaanvallen		SELF-DEFENSE Wapens	
								FOCUS Mount		FOCUS Mount		FOCUS Side Control		FOCUS Side Control	
20/01		23/01		27/01		30/01		EVENTS				GI			
SELF-DEFENSE Pakkingen		SELF-DEFENSE Wurgingen		SELF-DEFENSE Close Combat		EXAMEN PROGRAMMA						NO GI			
FOCUS Back/Turtle		FOCUS Back/Turtle		FOCUS Kickboxing				zie website: www.fundamentals-jiu-jitsu.be				Trainingsuren: Dinsdag & vrijdag: 20u - 21u30 Open mat: di & vr: 21u30 - 22u			



FUNDAMENTALS JIU-JITSU

PLANNING 2025 - 2026

www.fundamentals-jiu-jitsu.be

03/02		06/02		10/02		13/02		17/02		20/02		24/02		27/02	
SELF-DEFENSE Headlocks		SELF-DEFENSE Bearhugs		SELF-DEFENSE Bevrijdingen		SELF-DEFENSE Afstandaanvallen		SELF-DEFENSE Pakkingen		SELF-DEFENSE Klemmen		SELF-DEFENSE Wurgingen		EXAMEN PROGRAMMA	
FOCUS Guard		FOCUS Guard		FOCUS Mount		FOCUS Mount		FOCUS Side Control		FOCUS Side Control		FOCUS Back/Turtle			
03/03		06/03		10/03		13/03		17/03		20/03		24/03		27/03	
SELF-DEFENSE Headlocks		SELF-DEFENSE Worpen		SELF-DEFENSE Bearhugs		SELF-DEFENSE Afstandaanvallen		SELF-DEFENSE Controle		SELF-DEFENSE Pakkingen		SELF-DEFENSE Wurgingen		SELF-DEFENSE Wapens	
FOCUS Kickboxing		FOCUS Kickboxing		FOCUS Guard		FOCUS Guard		FOCUS Mount		FOCUS Mount		FOCUS Side Control		FOCUS Side Control	
31/03		03/04		07/04		10/04		14/04		17/04		21/04		24/04	
EXAMEN PROGRAMMA		SELF-DEFENSE Headlocks		SELF-DEFENSE Bearhugs		SELF-DEFENSE Close Combat		SELF-DEFENSE Afstandaanvallen		SELF-DEFENSE Pakkingen		SELF-DEFENSE Bevrijdingen		SELF-DEFENSE Wurgingen	
		FOCUS Back/Turtle		FOCUS Kickboxing		FOCUS Kickboxing		FOCUS Guard		FOCUS Guard		FOCUS Mount		FOCUS Mount	
28/04		01/05		05/05		08/05		12/05		15/05		19/05		22/05	
EXAMEN PROGRAMMA		GEEN TRAINING		SELF-DEFENSE Headlocks		SELF-DEFENSE Klemmen		SELF-DEFENSE Bearhugs		SELF-DEFENSE Afstandaanvallen		SELF-DEFENSE Worpen		SELF-DEFENSE Pakkingen	
				FOCUS Side Control		FOCUS Side Control		FOCUS Back/Turtle		FOCUS Back/Turtle		FOCUS Kickboxing		FOCUS Kickboxing	
26/05		29/05		02/06		05/06		09/06		12/06		16/06		19/06	
SELF-DEFENSE Wurgingen		EXAMEN PROGRAMMA		SELF-DEFENSE Controle		SELF-DEFENSE Headlocks		SELF-DEFENSE Bearhugs		SELF-DEFENSE Wapens		SELF-DEFENSE Afstandaanvallen		SELF-DEFENSE Pakkingen	
FOCUS Guard				FOCUS Mount		FOCUS Mount		FOCUS Side Control		FOCUS Side Control		FOCUS Back/Turtle		FOCUS Back/Turtle	
23/06		26/06		30/06				JUL - AUG				GI			
SELF-DEFENSE Close Combat		EXAMEN PROGRAMMA		Open Mat Gi / No Gi								NO GI			
FOCUS Kickboxing															