

FUNDAMENTALS JIU-JITSU

PLANNING 2025 - 2026

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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
25/11 SELF-DEFENSE Klemmen	28/11 EXAMEN PROGRAMMA	02/12 SELF-DEFENSE Afstandaanvallen	05/12 SELF-DEFENSE Pakkingen	09/12 SELF-DEFENSE Worpen	12/12 SELF-DEFENSE Wurgingen	16/12 SELF-DEFENSE Headlocks	19/12 EXAMEN PROGRAMMA
SELF-DEFENSE	EXAMEN	SELF-DEFENSE	SELF-DEFENSE	SELF-DEFENSE	SELF-DEFENSE	SELF-DEFENSE	EXAMEN
SELF-DEFENSE Klemmen FOCUS	EXAMEN	SELF-DEFENSE Afstandaanvallen FOCUS	SELF-DEFENSE Pakkingen FOCUS	SELF-DEFENSE Worpen FOCUS	SELF-DEFENSE Wurgingen FOCUS	SELF-DEFENSE Headlocks FOCUS	EXAMEN
SELF-DEFENSE Klemmen FOCUS Side Control	EXAMEN PROGRAMMA	SELF-DEFENSE Afstandaanvallen FOCUS Back/Turtle	SELF-DEFENSE Pakkingen FOCUS Back/Turtle	SELF-DEFENSE Worpen FOCUS Kickboxing	SELF-DEFENSE Wurgingen FOCUS Kickboxing	SELF-DEFENSE Headlocks FOCUS Guard	EXAMEN PROGRAMMA
SELF-DEFENSE Klemmen FOCUS Side Control 23/12	EXAMEN PROGRAMMA 26/12	SELF-DEFENSE Afstandaanvallen FOCUS Back/Turtle 30/12	SELF-DEFENSE Pakkingen FOCUS Back/Turtle 02/01	SELF-DEFENSE Worpen FOCUS Kickboxing 06/01 SELF-DEFENSE	SELF-DEFENSE Wurgingen FOCUS Kickboxing 09/01 SELF-DEFENSE	SELF-DEFENSE Headlocks FOCUS Guard 13/01 SELF-DEFENSE	EXAMEN PROGRAMMA 16/01 SELF-DEFENSE
SELF-DEFENSE Klemmen FOCUS Side Control 23/12	EXAMEN PROGRAMMA 26/12	SELF-DEFENSE Afstandaanvallen FOCUS Back/Turtle 30/12	SELF-DEFENSE Pakkingen FOCUS Back/Turtle 02/01	SELF-DEFENSE Worpen FOCUS Kickboxing 06/01 SELF-DEFENSE Controle FOCUS Mount	SELF-DEFENSE Wurgingen FOCUS Kickboxing 09/01 SELF-DEFENSE Bearhugs FOCUS	SELF-DEFENSE Headlocks FOCUS Guard 13/01 SELF-DEFENSE Afstandaanvallen FOCUS Side Control	EXAMEN PROGRAMMA 16/01 SELF-DEFENSE Wapens FOCUS
SELF-DEFENSE Klemmen FOCUS Side Control 23/12 KERSTVAKANTIE	EXAMEN PROGRAMMA 26/12 KERSTVAKANTIE	SELF-DEFENSE Afstandaanvallen FOCUS Back/Turtle 30/12 KERSTVAKANTIE	SELF-DEFENSE Pakkingen FOCUS Back/Turtle 02/01 KERSTVAKANTIE	SELF-DEFENSE Worpen FOCUS Kickboxing O6/01 SELF-DEFENSE Controle FOCUS Mount EVE	SELF-DEFENSE Wurgingen FOCUS Kickboxing 09/01 SELF-DEFENSE Bearhugs FOCUS Mount	SELF-DEFENSE Headlocks FOCUS Guard 13/01 SELF-DEFENSE Afstandaanvallen FOCUS Side Control	EXAMEN PROGRAMMA 16/01 SELF-DEFENSE Wapens FOCUS Side Control GI O GI



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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
28/04 EXAMEN PROGRAMMA	01/05 GEEN TRAINING	05/05 SELF-DEFENSE Headlocks	08/05 SELF-DEFENSE Klemmen	12/05 SELF-DEFENSE Bearhugs	15/05 SELF-DEFENSE Afstandaanvallen	19/05 SELF-DEFENSE Worpen	22/05 SELF-DEFENSE Pakkingen
EXAMEN		SELF-DEFENSE	SELF-DEFENSE	SELF-DEFENSE	SELF-DEFENSE	SELF-DEFENSE	SELF-DEFENSE
EXAMEN		SELF-DEFENSE Headlocks FOCUS	SELF-DEFENSE Klemmen FOCUS	SELF-DEFENSE Bearhugs FOCUS	SELF-DEFENSE Afstandaanvallen FOCUS	SELF-DEFENSE Worpen FOCUS	SELF-DEFENSE Pakkingen FOCUS
EXAMEN PROGRAMMA	GEEN TRAINING	SELF-DEFENSE Headlocks FOCUS Side Control	SELF-DEFENSE Klemmen FOCUS Side Control	SELF-DEFENSE Bearhugs FOCUS Back/Turtle	SELF-DEFENSE Afstandaanvallen FOCUS Back/Turtle	SELF-DEFENSE Worpen FOCUS Kickboxing	SELF-DEFENSE Pakkingen FOCUS Kickboxing
EXAMEN PROGRAMMA 26/05 SELF-DEFENSE	GEEN TRAINING 29/05 EXAMEN	SELF-DEFENSE Headlocks FOCUS Side Control 02/06 SELF-DEFENSE	SELF-DEFENSE Klemmen FOCUS Side Control 05/06 SELF-DEFENSE	SELF-DEFENSE Bearhugs FOCUS Back/Turtle 09/06 SELF-DEFENSE	SELF-DEFENSE Afstandaanvallen FOCUS Back/Turtle 12/06 SELF-DEFENSE	SELF-DEFENSE Worpen FOCUS Kickboxing 16/06 SELF-DEFENSE	SELF-DEFENSE Pakkingen FOCUS Kickboxing 19/06 SELF-DEFENSE
EXAMEN PROGRAMMA 26/05 SELF-DEFENSE Wurgingen FOCUS	GEEN TRAINING 29/05 EXAMEN	SELF-DEFENSE Headlocks FOCUS Side Control 02/06 SELF-DEFENSE Controle FOCUS	SELF-DEFENSE Klemmen FOCUS Side Control 05/06 SELF-DEFENSE Headlocks FOCUS	SELF-DEFENSE Bearhugs FOCUS Back/Turtle 09/06 SELF-DEFENSE Bearhugs FOCUS Side Control	SELF-DEFENSE Afstandaanvallen FOCUS Back/Turtle 12/06 SELF-DEFENSE Wapens FOCUS	SELF-DEFENSE Worpen FOCUS Kickboxing 16/06 SELF-DEFENSE Afstandaanvallen FOCUS Back/Turtle	SELF-DEFENSE Pakkingen FOCUS Kickboxing 19/06 SELF-DEFENSE Pakkingen FOCUS
EXAMEN PROGRAMMA 26/05 SELF-DEFENSE Wurgingen FOCUS Guard	29/05 EXAMEN PROGRAMMA	SELF-DEFENSE Headlocks FOCUS Side Control 02/06 SELF-DEFENSE Controle FOCUS Mount	SELF-DEFENSE Klemmen FOCUS Side Control 05/06 SELF-DEFENSE Headlocks FOCUS	SELF-DEFENSE Bearhugs FOCUS Back/Turtle 09/06 SELF-DEFENSE Bearhugs FOCUS Side Control	SELF-DEFENSE Afstandaanvallen FOCUS Back/Turtle 12/06 SELF-DEFENSE Wapens FOCUS Side Control	SELF-DEFENSE Worpen FOCUS Kickboxing 16/06 SELF-DEFENSE Afstandaanvallen FOCUS Back/Turtle	SELF-DEFENSE Pakkingen FOCUS Kickboxing 19/06 SELF-DEFENSE Pakkingen FOCUS Back/Turtle