



FUNDAMENTALS JIU-JITSU

PLANNING 2023 - 2024

www.fundamentals-jiu-jitsu.be

29/08 SELF-DEFENSE Bevrijdingen FOCUS Guard	01/09 SELF-DEFENSE Pakkingen FOCUS Guard	05/09 SELF-DEFENSE Wurgingen FOCUS Mount	08/09 SELF-DEFENSE Klemmen FOCUS Mount	12/09 SELF-DEFENSE Headlocks FOCUS Side Control	15/09 SELF-DEFENSE Bearhugs FOCUS Side Control	19/09 SELF-DEFENSE Worpen FOCUS Back/Turtle	22/09 SELF-DEFENSE Afstandaanvallen FOCUS Back/Turtle
26/09 SELF-DEFENSE Pakkingen FOCUS Kickboxing	29/09 EXAMEN PROGRAMMA	03/10 SELF-DEFENSE Controle FOCUS Guard	06/10 SELF-DEFENSE Wurgingen FOCUS Guard	10/10 SELF-DEFENSE Headlocks FOCUS Mount	13/10 SELF-DEFENSE Wapens FOCUS Mount	17/10 SELF-DEFENSE Bearhugs FOCUS Side Control	20/10 GEEN TRAINING
24/10 SELF-DEFENSE Afstandaanvallen FOCUS Back/Turtle	27/10 SELF-DEFENSE Close Combat FOCUS Back/Turtle	31/10 EXAMEN PROGRAMMA	03/11 SELF-DEFENSE Pakkingen FOCUS Kickboxing	07/11 SELF-DEFENSE Wurgingen FOCUS Guard	10/11 SELF-DEFENSE Bevrijdingen FOCUS Guard	14/11 SELF-DEFENSE Headlocks FOCUS Mount	17/11 SELF-DEFENSE Bearhugs FOCUS Mount
21/11 SELF-DEFENSE Klemmen FOCUS Side Control	24/11 SELF-DEFENSE Afstandaanvallen FOCUS Side Control	28/11 EXAMEN PROGRAMMA	01/12 SELF-DEFENSE Pakkingen FOCUS Back/Turtle	05/12 SELF-DEFENSE Worpen FOCUS Kickboxing	08/12 SELF-DEFENSE Wurgingen FOCUS Kickboxing	12/12 SELF-DEFENSE Headlocks FOCUS Guard	15/12 SELF-DEFENSE Controle FOCUS Guard
19/12 SELF-DEFENSE Bearhugs FOCUS Mount	22/12 EXAMEN PROGRAMMA	26/12 KERSTVAKANTIE	29/12 KERSTVAKANTIE	02/01 KERSTVAKANTIE	05/01 KERSTVAKANTIE	09/01 SELF-DEFENSE Afstandaanvallen FOCUS Side Control	12/01 SELF-DEFENSE Wapens FOCUS Side Control
16/01 SELF-DEFENSE Pakkingen FOCUS Back/Turtle	19/01 SELF-DEFENSE Wurgingen FOCUS Back/Turtle	23/01 SELF-DEFENSE Close Combat FOCUS Kickboxing	26/01 SELF-DEFENSE Headlocks FOCUS Kickboxing	EVENTS zie website: www.fundamentals-jiu-jitsu.be		GI NO GI <u>Trainingsuren:</u> Dinsdag & vrijdag: 20u - 21u30 Open mat: di & vr: 21u30 - 22u	



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30/01	02/02	06/02	09/02	13/02	16/02	20/02	23/02
EXAMEN PROGRAMMA	SELF-DEFENSE Bearhugs FOCUS Guard	SELF-DEFENSE Bevrijdingen FOCUS Mount	SELF-DEFENSE Afstandaanvallen FOCUS Mount	SELF-DEFENSE Pakkingen FOCUS Side Control	SELF-DEFENSE Klemmen FOCUS Side Control	SELF-DEFENSE Wurgingen FOCUS Back/Turtle	SELF-DEFENSE Headlocks FOCUS Back/Turtle
27/02	01/03	05/03	08/03	12/03	15/03	19/03	22/03
EXAMEN PROGRAMMA	SELF-DEFENSE Worpen FOCUS Kickboxing	SELF-DEFENSE Bearhugs FOCUS Guard	SELF-DEFENSE Afstandaanvallen FOCUS Guard	SELF-DEFENSE Controle FOCUS Mount	SELF-DEFENSE Pakkingen FOCUS Mount	SELF-DEFENSE Wurgingen FOCUS Side Control	SELF-DEFENSE Wapens FOCUS Side Control
26/03	29/03	02/04	05/04	09/04	12/04	16/04	19/04
SELF-DEFENSE Headlocks FOCUS Back/Turtle	EXAMEN PROGRAMMA	SELF-DEFENSE Bearhugs FOCUS Kickboxing	SELF-DEFENSE Close Combat FOCUS Kickboxing	SELF-DEFENSE Afstandaanvallen FOCUS Guard	SELF-DEFENSE Pakkingen FOCUS Guard	SELF-DEFENSE Bevrijdingen FOCUS Mount	SELF-DEFENSE Wurgingen FOCUS Mount
23/04	26/04	30/04	03/05	07/05	10/05	14/05	17/05
SELF-DEFENSE Headlocks FOCUS Side Control	SELF-DEFENSE Klemmen FOCUS Side Control	EXAMEN PROGRAMMA	SELF-DEFENSE Bearhugs FOCUS Back/Turtle	SELF-DEFENSE Afstandaanvallen FOCUS Kickboxing	SELF-DEFENSE Worpen FOCUS Kickboxing	SELF-DEFENSE Pakkingen FOCUS Guard	SELF-DEFENSE Wurgingen FOCUS Guard
21/05	24/05	28/05	31/05	04/06	07/06	11/06	14/06
SELF-DEFENSE Controle FOCUS Mount	SELF-DEFENSE Headlocks FOCUS Mount	SELF-DEFENSE Bearhugs FOCUS Side Control	EXAMEN PROGRAMMA	SELF-DEFENSE Wapens FOCUS Back/Turtle	SELF-DEFENSE Afstandaanvallen FOCUS Back/Turtle	SELF-DEFENSE Pakkingen FOCUS Kickboxing	SELF-DEFENSE Close Combat FOCUS Kickboxing
18/06	21/06	25/06	28/06	JUL - AUG		GI NO GI	
SELF-DEFENSE Wurgingen FOCUS Guard	SELF-DEFENSE Headlocks FOCUS Guard	EXAMEN PROGRAMMA	OPEN MAT SPARRING (GI & NO GI)	ZOMERVAKANTIE		<u>Trainingsuren:</u> Dinsdag & vrijdag: 20u - 21u30 Open mat: di & vr: 21u30 - 22u	