



# FUNDAMENTALS JIU-JITSU

PLANNING 2020 - 2021

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01/09		04/09		08/09		11/09		15/09		18/09		22/09		25/09	
SELF-DEFENSE Wrist Releases		SELF-DEFENSE Front Choke		SELF-DEFENSE Rear Choke		SELF-DEFENSE Pushing & Shoving		SELF-DEFENSE Standing Headlock		SELF-DEFENSE Ground Headlock		SELF-DEFENSE Front Bearhug		SELF-DEFENSE Rear Bearhug	
FOCUS Guard		FOCUS Guard		FOCUS Mount		FOCUS Mount		FOCUS Guard		FOCUS Guard		FOCUS Side Control		FOCUS Side Control	
29/09		02/10		06/10		09/10		13/10		16/10		20/10		23/10	
PROGRAMMA		SELF-DEFENSE Clinch & Takedowns		SELF-DEFENSE Nelson		SELF-DEFENSE Clothing Grabs		SELF-DEFENSE Hair Grabs		SELF-DEFENSE Front Headlock Guillotine		SELF-DEFENSE Punches		SELF-DEFENSE Kicks	
		FOCUS Kickboxing		FOCUS Back/Turtle		FOCUS Back/Turtle		FOCUS Guard		FOCUS Guard		FOCUS Mount		FOCUS Mount	
27/10		30/10		03/11		06/11		10/11		13/11		17/11		20/11	
SELF-DEFENSE Weapons		PROGRAMMA		SELF-DEFENSE Clinch & Takedowns		SELF-DEFENSE Wrist Releases		SELF-DEFENSE Front Choke		SELF-DEFENSE Rear Choke		SELF-DEFENSE Pushing & Shoving		SELF-DEFENSE Standing Headlock	
FOCUS Guard				FOCUS Side Control		FOCUS Side Control		FOCUS Kickboxing		FOCUS Kickboxing		FOCUS Back/Turtle		FOCUS Back/Turtle	
24/11		27/11		01/12		04/12		08/12		11/12		15/12		18/12	
SELF-DEFENSE Ground Headlock		PROGRAMMA		SELF-DEFENSE Front Bearhug		SELF-DEFENSE Rear Bearhug		SELF-DEFENSE Clinch & Takedowns		SELF-DEFENSE Nelson		SELF-DEFENSE Clothing Grabs		PROGRAMMA	
FOCUS Guard				FOCUS Mount		FOCUS Mount		FOCUS Guard		FOCUS Guard		FOCUS Side Control			
22/12		25/12		29/12		01/01		05/01		08/01		12/01		15/01	
KERSTVAKANTIE		KERSTVAKANTIE		KERSTVAKANTIE		KERSTVAKANTIE		SELF-DEFENSE Hair Grabs		SELF-DEFENSE Front Headlock Guillotine		SELF-DEFENSE Punches		SELF-DEFENSE Kicks	
								FOCUS Kickboxing		FOCUS Kickboxing		FOCUS Back/Turtle		FOCUS Back/Turtle	
19/01		22/01		26/01		29/01		MASTER CLASSES				GI			
SELF-DEFENSE Weapons		SELF-DEFENSE Clinch & Takedowns		SELF-DEFENSE Wrist Releases		PROGRAMMA		20/09: bevrijdingen + worpen 18/10: klemmen + worpen 22/11: bevrijdingen + controle 13/12: klemmen + wapens 17/01: controle + close-combat				NO GI			
FOCUS Guard		FOCUS Guard		FOCUS Mount											
														Trainingsuren: Dinsdag & vrijdag: 20u - 21u30 Sparring: di & vr: 21u30 - 22u Master Classes: zondag: 12u30 - 14u30	



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02/02	05/02	09/02	12/02	16/02	19/02	23/02	26/02
SELF-DEFENSE Front Choke	SELF-DEFENSE Rear Choke	SELF-DEFENSE Pushing & Shoving	SELF-DEFENSE Standing Headlock	SELF-DEFENSE Ground Headlock	SELF-DEFENSE Front Bearhug	SELF-DEFENSE Rear Bearhug	PROGRAMMA
FOCUS Guard	FOCUS Guard	FOCUS Side Control	FOCUS Side Control	FOCUS Kick Boxing	FOCUS Kickboxing	FOCUS Back/Turtle	
02/03	05/03	09/03	12/03	16/03	19/03	23/03	26/03
SELF-DEFENSE Clinch & Takedowns	SELF-DEFENSE Nelson	SELF-DEFENSE Clothing Grabs	SELF-DEFENSE Hair Grabs	SELF-DEFENSE Front Headlock Guillotine	SELF-DEFENSE Punches	SELF-DEFENSE Kicks	SELF-DEFENSE Weapons
FOCUS Guard	FOCUS Guard	FOCUS Mount	FOCUS Mount	FOCUS Guard	FOCUS Guard	FOCUS Side Control	FOCUS Side Control
30/03	02/04	06/04	09/04	13/04	16/04	20/04	23/04
PROGRAMMA	SELF-DEFENSE Clinch & Takedowns	SELF-DEFENSE Wrist Releases	SELF-DEFENSE Front Choke	SELF-DEFENSE Rear Choke	SELF-DEFENSE Pushing & Shoving	SELF-DEFENSE Standing Headlock	SELF-DEFENSE Ground Headlock
	FOCUS Kickboxing	FOCUS Back/Turtle	FOCUS Back/Turtle	FOCUS Guard	FOCUS Guard	FOCUS Mount	FOCUS Mount
27/04	30/04	04/05	07/05	11/05	14/05	18/05	21/05
SELF-DEFENSE Front Bearhug	PROGRAMMA	SELF-DEFENSE Rear Bearhug	SELF-DEFENSE Clinch & Takedowns	SELF-DEFENSE Nelson	SELF-DEFENSE Clothing Grabs	SELF-DEFENSE Hair Grabs	SELF-DEFENSE Front Headlock Guillotine
FOCUS Guard		FOCUS Side Control	FOCUS Side Control	FOCUS Kickboxing	FOCUS Kickboxing	FOCUS Back/Turtle	FOCUS Back/Turtle
25/05	28/05	01/06	04/06	08/06	11/06	15/06	18/06
SELF-DEFENSE Punches	PROGRAMMA	SELF-DEFENSE Kicks	SELF-DEFENSE Weapons	SELF-DEFENSE Clinch & Takedowns	SELF-DEFENSE Wrist Releases	SELF-DEFENSE Front Choke	SELF-DEFENSE Rear Choke
FOCUS Guard		FOCUS Mount	FOCUS Mount	FOCUS Guard	FOCUS Guard	FOCUS Side Control	FOCUS Side Control
22/06	25/06	29/06	JUL - AUG	MASTER CLASSES		GI NO GI	
SELF-DEFENSE Pushing & Shoving	PROGRAMMA	OPEN MAT SPARRING	ZOMERVAKANTIE	21/02: bevrijdingen + worpen 21/03: klemmen + worpen 25/04: bevrijdingen + controle 16/05: federale les 9u30-12u30 13/06: wapens + close-combat		Trainingsuren: Dinsdag & vrijdag: 20u - 21u30 Sparring: di & vr: 21u30 - 22u Master Classes: zondag: 12u30 - 14u30	
FOCUS Kickboxing							