



# FUNDAMENTALS JIU-JITSU

## PLANNING 2020 - 2021

www.fundamentals-jiu-jitsu.be

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



# FUNDAMENTALS JIU-JITSU

PLANNING 2020 - 2021

www.fundamentals-jiu-jitsu.be

<b>02/02</b>		<b>05/02</b>		<b>09/02</b>		<b>12/02</b>		<b>16/02</b>		<b>19/02</b>		<b>23/02</b>		<b>26/02</b>	
<b>SELF-DEFENSE</b> Front Choke	<b>SELF-DEFENSE</b> Rear Choke	<b>SELF-DEFENSE</b> Pushing & Shoving	<b>SELF-DEFENSE</b> Standing Headlock	<b>SELF-DEFENSE</b> Ground Headlock	<b>SELF-DEFENSE</b> Front Bearhug	<b>SELF-DEFENSE</b> Rear Bearhug	<b>PROGRAMMA</b>								
<b>FOCUS</b> Guard	<b>FOCUS</b> Guard	<b>FOCUS</b> Side Control	<b>FOCUS</b> Side Control	<b>FOCUS</b> Kick Boxing	<b>FOCUS</b> Kickboxing	<b>FOCUS</b> Back/Turtle									
<b>02/03</b>		<b>05/03</b>		<b>09/03</b>		<b>12/03</b>		<b>16/03</b>		<b>19/03</b>		<b>23/03</b>		<b>26/03</b>	
<b>SELF-DEFENSE</b> Clinch & Takedowns	<b>SELF-DEFENSE</b> Nelson	<b>SELF-DEFENSE</b> Clothing Grabs	<b>SELF-DEFENSE</b> Hair Grabs	<b>SELF-DEFENSE</b> Front Headlock Guillotine	<b>SELF-DEFENSE</b> Punches	<b>SELF-DEFENSE</b> Kicks	<b>SELF-DEFENSE</b> Weapons								
<b>FOCUS</b> Guard	<b>FOCUS</b> Guard	<b>FOCUS</b> Mount	<b>FOCUS</b> Mount	<b>FOCUS</b> Guard	<b>FOCUS</b> Guard	<b>FOCUS</b> Side Control	<b>FOCUS</b> Side Control								
<b>30/03</b>		<b>02/04</b>		<b>06/04</b>		<b>09/04</b>		<b>13/04</b>		<b>16/04</b>		<b>20/04</b>		<b>23/04</b>	
<b>PROGRAMMA</b>		<b>SELF-DEFENSE</b> Clinch & Takedowns	<b>SELF-DEFENSE</b> Wrist Releases	<b>SELF-DEFENSE</b> Front Choke	<b>SELF-DEFENSE</b> Rear Choke	<b>SELF-DEFENSE</b> Pushing & Shoving	<b>SELF-DEFENSE</b> Standing Headlock	<b>SELF-DEFENSE</b> Ground Headlock							
		<b>FOCUS</b> Kickboxing	<b>FOCUS</b> Back/Turtle	<b>FOCUS</b> Back/Turtle	<b>FOCUS</b> Guard	<b>FOCUS</b> Guard	<b>FOCUS</b> Mount	<b>FOCUS</b> Mount							
<b>27/04</b>		<b>30/04</b>		<b>04/05</b>		<b>07/05</b>		<b>11/05</b>		<b>14/05</b>		<b>18/05</b>		<b>21/05</b>	
<b>SELF-DEFENSE</b> Front Bearhug	<b>PROGRAMMA</b>			<b>SELF-DEFENSE</b> Rear Bearhug	<b>SELF-DEFENSE</b> Clinch & Takedowns	<b>SELF-DEFENSE</b> Nelson	<b>SELF-DEFENSE</b> Clothing Grabs	<b>SELF-DEFENSE</b> Hair Grabs	<b>SELF-DEFENSE</b> Front Headlock Guillotine						
<b>FOCUS</b> Guard				<b>FOCUS</b> Side Control	<b>FOCUS</b> Side Control	<b>FOCUS</b> Kickboxing	<b>FOCUS</b> Kickboxing	<b>FOCUS</b> Back/Turtle	<b>FOCUS</b> Back/Turtle						
<b>25/05</b>		<b>28/05</b>		<b>01/06</b>		<b>04/06</b>		<b>08/06</b>		<b>11/06</b>		<b>15/06</b>		<b>18/06</b>	
<b>SELF-DEFENSE</b> Punches	<b>PROGRAMMA</b>			<b>SELF-DEFENSE</b> Kicks	<b>SELF-DEFENSE</b> Weapons	<b>SELF-DEFENSE</b> Clinch & Takedowns	<b>SELF-DEFENSE</b> Wrist Releases	<b>SELF-DEFENSE</b> Front Choke	<b>SELF-DEFENSE</b> Rear Choke						
<b>FOCUS</b> Guard				<b>FOCUS</b> Mount	<b>FOCUS</b> Mount	<b>FOCUS</b> Guard	<b>FOCUS</b> Guard	<b>FOCUS</b> Side Control	<b>FOCUS</b> Side Control						
<b>22/06</b>		<b>25/06</b>		<b>29/06</b>		<b>JUL - AUG</b>		<b>MASTER CLASSES</b>				<b>GI</b>		<b>NO GI</b>	
<b>SELF-DEFENSE</b> Pushing & Shoving	<b>PROGRAMMA</b>			<b>OPEN MAT SPARRING</b>	<b>ZOMERVAKANTIE</b>		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				
<b>FOCUS</b> Kickboxing															