



FUNDAMENTALS JIU-JITSU

PLANNING 2021 - 2022

www.fundamentals-jiu-jitsu.be

31/08		03/09		07/09		10/09		14/09		17/09		21/09		24/09	
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 Side Control	FOCUS Side Control				
28/09		01/10		05/10		08/10		12/10		15/10		19/10		22/10	
PROGRAMMA	SELF-DEFENSE Clinch & Takedowns	SELF-DEFENSE Nelson	SELF-DEFENSE Clothing Grabs	SELF-DEFENSE Hair Grabs	SELF-DEFENSE Front Headlock Guillotine	SELF-DEFENSE Punches & Kicks	GEEN TRAINING	FOCUS Kickboxing	FOCUS Back/Turtle	FOCUS Back/Turtle	FOCUS Guard	FOCUS Guard	FOCUS Mount		
26/10		29/10		02/11		05/11		09/11		12/11		16/11		19/11	
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	
23/11		26/11		30/11		03/12		07/12		10/12		14/12		17/12	
SELF-DEFENSE Ground Headlock	SELF-DEFENSE Front Bearhug	PROGRAMMA	SELF-DEFENSE Rear Bearhug	SELF-DEFENSE Clinch & Takedowns	SELF-DEFENSE Nelson	SELF-DEFENSE Clothing Grabs	SELF-DEFENSE Hair Grabs	FOCUS Guard	FOCUS Mount	FOCUS Side Control	FOCUS Guard	FOCUS Side Control	FOCUS Kickboxing	FOCUS Kickboxing	
21/12		24/12		28/12		31/12		04/01		07/01		11/01		14/01	
PROGRAMMA	GEEN TRAINING	KERSTVAKANTIE	KERSTVAKANTIE	KERSTVAKANTIE	KERSTVAKANTIE	SELF-DEFENSE Front Headlock Guillotine	SELF-DEFENSE Punches & Kicks	FOCUS Back/Turtle	FOCUS Back/Turtle						
18/01		21/01		25/01		28/01		EVENTS				GI			
SELF-DEFENSE Weapons	SELF-DEFENSE Clinch & Takedowns	SELF-DEFENSE Wrist Releases	PROGRAMMA	zie website: www.fundamentals-jiu-jitsu.be								NO GI			
FOCUS Guard	FOCUS Guard	FOCUS Mount										Trainingsuren: Dinsdag & vrijdag: 20u - 21u30 Open mat: di & vr: 21u30 - 22u			



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01/02	04/02	08/02	11/02	15/02	18/02	22/02	25/02
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	
01/03	04/03	08/03	11/03	15/03	18/03	22/03	25/03
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
29/03	01/04	05/04	08/04	12/04	15/04	19/04	22/04
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
26/04	29/04	03/05	06/05	10/05	13/05	17/05	20/05
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
24/05	27/05	31/05	03/06	07/06	10/06	14/06	17/06
SELF-DEFENSE Punches	SELF-DEFENSE Kicks	PROGRAMMA	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
21/06	24/06	28/06	JUL - AUG	EVENTS		GI NO GI	
SELF-DEFENSE Pushing & Shoving	PROGRAMMA	OPEN MAT SPARRING	ZOMERVAKANTIE	zie website: www.fundamentals-jiu-jitsu.be		Trainingsuren: Dinsdag & vrijdag: 20u - 21u30 Open mat: di & vr: 21u30 - 22u	
FOCUS Kickboxing							