



FUNDAMENTALS JIU-JITSU

PLANNING 2026 - 2027

www.fundamentals-jiu-jitsu.be

01/09		04/09		08/09		11/09		15/09		18/09		22/09		25/09	
THEMA Bevrijdingen		SELF-DEFENSE Randori		SELF-DEFENSE Wurgingen		SELF-DEFENSE Wurgingen		SELF-DEFENSE Randori		THEMA Klemmen		SELF-DEFENSE Headlocks		SELF-DEFENSE Headlocks	
FOCUS Guard		FOCUS Guard		FOCUS Guard		FOCUS Guard		FOCUS Mount		FOCUS Mount		FOCUS Mount		FOCUS Mount	
29/09		02/10		06/10		09/10		13/10		16/10		20/10		23/10	
EXAMEN PROGRAMMA		THEMA Worpen		SELF-DEFENSE Bearhugs		SELF-DEFENSE Bearhugs		THEMA Controle		SELF-DEFENSE Randori		SELF-DEFENSE Wurgingen		SELF-DEFENSE Wurgingen	
		FOCUS Side Control		FOCUS Side Control		FOCUS Side Control		FOCUS Back/Turtle		FOCUS Back/Turtle		FOCUS FSD / FSS		FOCUS FSD / FSS	
27/10		30/10		03/11		06/11		10/11		13/11		17/11		20/11	
THEMA Close Combat		EXAMEN PROGRAMMA		SELF-DEFENSE Headlocks		SELF-DEFENSE Headlocks		SELF-DEFENSE Randori		THEMA Wapens		SELF-DEFENSE Bearhugs		SELF-DEFENSE Bearhugs	
FOCUS Guard				FOCUS Guard		FOCUS Guard		FOCUS Mount		FOCUS Mount		FOCUS Mount		FOCUS Mount	
24/11		27/11		01/12		04/12		08/12		11/12		15/12		18/12	
EXAMEN PROGRAMMA		GEEN TRAINING		THEMA Bevrijdingen		SELF-DEFENSE Randori		SELF-DEFENSE Wurgingen		SELF-DEFENSE Wurgingen		THEMA Klemmen		EXAMEN PROGRAMMA	
				FOCUS Side Control		FOCUS Side Control		FOCUS Side Control		FOCUS Side Control		FOCUS Back/Turtle			
22/12		25/12		29/12		01/01		05/01		08/01		12/01		15/01	
KERSTVAKANTIE		KERSTVAKANTIE		KERSTVAKANTIE		KERSTVAKANTIE		SELF-DEFENSE Headlocks		SELF-DEFENSE Headlocks		SELF-DEFENSE Randori		THEMA Worpen	
								FOCUS FSD / FSS		FOCUS FSD / FSS		FOCUS Guard		FOCUS Guard	
19/01		22/01		26/01		29/01		EVENTS				GI			
SELF-DEFENSE Bearhugs		SELF-DEFENSE Bearhugs		THEMA Controle		EXAMEN PROGRAMMA						NO GI			
FOCUS Guard		FOCUS Guard		FOCUS Mount				zie website: www.fundamentals-jiu-jitsu.be				Trainingsuren: Dinsdag: 20u - 22u Vrijdag: 20u - 22u			

02/02		05/02		09/02		12/02		16/02		19/02		23/02		26/02	
SELF-DEFENSE Wurgingen		SELF-DEFENSE Wurgingen		THEMA Close Combat		SELF-DEFENSE Randori		SELF-DEFENSE Headlocks		SELF-DEFENSE Headlocks		THEMA Wapens		EXAMEN PROGRAMMA	
FOCUS Mount		FOCUS Mount		FOCUS Side Control		FOCUS Side Control		FOCUS Side Control		FOCUS Side Control		FOCUS Back/Turtle			
02/03		05/03		09/03		12/03		16/03		19/03		23/03		26/03	
SELF-DEFENSE Bearhugs		SELF-DEFENSE Bearhugs		SELF-DEFENSE Randori		THEMA Bevrijdingen		SELF-DEFENSE Wurgingen		SELF-DEFENSE Wurgingen		THEMA Klemmen		SELF-DEFENSE Randori	
FOCUS FSD / FSS		FOCUS FSD / FSS		FOCUS Guard		FOCUS Guard		FOCUS Guard		FOCUS Guard		FOCUS Mount		FOCUS Mount	
30/03		02/04		06/04		09/04		13/04		16/04		20/04		23/04	
EXAMEN PROGRAMMA		SELF-DEFENSE Headlocks		SELF-DEFENSE Randori		THEMA Worpen		SELF-DEFENSE Bearhugs		SELF-DEFENSE Bearhugs		THEMA Controle		SELF-DEFENSE Randori	
		FOCUS Mount		FOCUS Side Control		FOCUS Side Control		FOCUS Side Control		FOCUS Side Control		FOCUS Back/Turtle		FOCUS Back/Turtle	
27/04		30/04		04/05		07/05		11/05		14/05		18/05		21/05	
SELF-DEFENSE Wurgingen		EXAMEN PROGRAMMA		SELF-DEFENSE Randori		THEMA Close Combat		SELF-DEFENSE Headlocks		SELF-DEFENSE Headlocks		THEMA Wapens		SELF-DEFENSE Randori	
FOCUS FSD / FSS				FOCUS Guard		FOCUS Guard		FOCUS Guard		FOCUS Guard		FOCUS Mount		FOCUS Mount	
25/05		28/05		01/06		04/06		08/06		11/06		15/06		18/06	
SELF-DEFENSE Bearhugs		EXAMEN PROGRAMMA		SELF-DEFENSE Randori		THEMA Bevrijdingen		SELF-DEFENSE Wurgingen		SELF-DEFENSE Wurgingen		THEMA Klemmen		SELF-DEFENSE Randori	
FOCUS Mount				FOCUS Side Control		FOCUS Side Control		FOCUS Side Control		FOCUS Side Control		FOCUS Back/Turtle		FOCUS Back/Turtle	
22/06		25/06		29/06				JUL - AUG				GI			
SELF-DEFENSE Headlocks		EXAMEN PROGRAMMA		THEMA Worpen								NO GI			
FOCUS FSD / FSS				FOCUS Guard				ZOMERVAKANTIE				Trainingsuren: Dinsdag: 20u - 22u Vrijdag: 20u - 22u			