



FUNDAMENTALS JIU-JITSU

PLANNING 2022 - 2023

www.fundamentals-jiu-jitsu.be

30/08	02/09	06/09	09/09	13/09	16/09	20/09	23/09
GEEN TRAINING	SELF-DEFENSE Wrist Releases FOCUS Guard	SELF-DEFENSE Front Choke FOCUS Mount	SELF-DEFENSE Rear Choke FOCUS Mount	SELF-DEFENSE Pushing & Shoving FOCUS Guard	SELF-DEFENSE Standing Headlock FOCUS Guard	SELF-DEFENSE Ground Headlock FOCUS Side Control	SELF-DEFENSE Front Bearhug FOCUS Side Control
27/09	30/09	04/10	07/10	11/10	14/10	18/10	21/10
SELF-DEFENSE Rear Bearhug FOCUS Kickboxing	EXAMEN PROGRAMMA	SELF-DEFENSE Clinch & Takedowns FOCUS Back/Turtle	SELF-DEFENSE Nelson FOCUS Back/Turtle	SELF-DEFENSE Clothing Grabs FOCUS Guard	SELF-DEFENSE Hair Grabs FOCUS Guard	SELF-DEFENSE Front Headlock Guillotine FOCUS Mount	GEEN TRAINING
25/10	28/10	01/11	04/11	08/11	11/11	15/11	18/11
SELF-DEFENSE Punches & Kicks FOCUS Guard	EXAMEN PROGRAMMA	GEEN TRAINING	SELF-DEFENSE Weapons FOCUS Side Control	SELF-DEFENSE Wrist Releases FOCUS Kickboxing	GEEN TRAINING	SELF-DEFENSE Front Choke FOCUS Back/Turtle	SELF-DEFENSE Rear Choke FOCUS Back/Turtle
22/11	25/11	29/11	02/12	06/12	09/12	13/12	16/12
SELF-DEFENSE Pushing & Shoving FOCUS Guard	SELF-DEFENSE Standing Headlock FOCUS Guard	EXAMEN PROGRAMMA	SELF-DEFENSE Ground Headlock FOCUS Mount	SELF-DEFENSE Front Bearhug FOCUS Guard	SELF-DEFENSE Rear Bearhug FOCUS Guard	SELF-DEFENSE Clinch & Takedowns FOCUS Side Control	SELF-DEFENSE Nelson FOCUS Side Control
20/12	23/12	27/12	30/12	03/01	06/01	10/01	13/01
SELF-DEFENSE Clothing Grabs FOCUS Kickboxing	EXAMEN PROGRAMMA	KERSTVAKANTIE	KERSTVAKANTIE	KERSTVAKANTIE	KERSTVAKANTIE	SELF-DEFENSE Hair Grabs FOCUS Back/Turtle	SELF-DEFENSE Front Headlock Guillotine FOCUS Back/Turtle
17/01	20/01	24/01	27/01	EVENTS		GI NO GI	
SELF-DEFENSE Punches & Kicks FOCUS Guard	SELF-DEFENSE Weapons FOCUS Guard	SELF-DEFENSE Clinch & Takedowns FOCUS Mount	SELF-DEFENSE Wrist Releases FOCUS Mount	zie website: www.fundamentals-jiu-jitsu.be		Trainingsuren: Dinsdag & vrijdag: 20u - 21u30 Open mat: di & vr: 21u30 - 22u	



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31/01	03/02	07/02	10/02	14/02	17/02	21/02	24/02
EXAMEN PROGRAMMA	SELF-DEFENSE Front Choke FOCUS Guard	SELF-DEFENSE Rear Choke FOCUS Side Control	SELF-DEFENSE Pushing & Shoving FOCUS Side Control	SELF-DEFENSE Standing Headlock FOCUS Kick Boxing	SELF-DEFENSE Ground Headlock FOCUS Kickboxing	SELF-DEFENSE Front Bearhug FOCUS Back/Turtle	SELF-DEFENSE Rear Bearhug FOCUS Back/Turtle
28/02	03/03	07/03	10/03	14/03	17/03	21/03	24/03
EXAMEN PROGRAMMA	SELF-DEFENSE Clinch & Takedowns FOCUS Guard	SELF-DEFENSE Nelson FOCUS Mount	SELF-DEFENSE Clothing Grabs FOCUS Mount	SELF-DEFENSE Hair Grabs Guillotine FOCUS Guard	SELF-DEFENSE Front Headlock Guillotine FOCUS Guard	SELF-DEFENSE Punches & Kicks FOCUS Side Control	SELF-DEFENSE Weapons FOCUS Side Control
28/03	31/03	04/04	07/04	11/04	14/04	18/04	21/04
SELF-DEFENSE Clinch & Takedowns FOCUS Kickboxing	EXAMEN PROGRAMMA	SELF-DEFENSE Wrist Releases FOCUS Back/Turtle	SELF-DEFENSE Front Choke FOCUS Back/Turtle	SELF-DEFENSE Rear Choke FOCUS Guard	SELF-DEFENSE Pushing & Shoving FOCUS Guard	SELF-DEFENSE Standing Headlock FOCUS Mount	SELF-DEFENSE Ground Headlock FOCUS Mount
25/04	28/04	02/05	05/05	09/05	12/05	16/05	19/05
EXAMEN PROGRAMMA	GEEN TRAINING	GEEN TRAINING	SELF-DEFENSE Front Bearhug FOCUS Guard	SELF-DEFENSE Rear Bearhug FOCUS Side Control	SELF-DEFENSE Clinch & Takedowns FOCUS Kickboxing	SELF-DEFENSE Clothing Grabs FOCUS Back/Turtle	SELF-DEFENSE Nelson FOCUS Back/Turtle
23/05	26/05	30/05	02/06	06/06	09/06	13/06	16/06
SELF-DEFENSE Hair Grabs FOCUS Guard	SELF-DEFENSE Front Headlock Guillotine FOCUS Mount	EXAMEN PROGRAMMA	SELF-DEFENSE Punches & Kicks FOCUS Mount	SELF-DEFENSE Weapons FOCUS Guard	SELF-DEFENSE Clinch & Takedowns FOCUS Guard	SELF-DEFENSE Wrist Releases FOCUS Side Control	SELF-DEFENSE Front Choke FOCUS Side Control
20/06	23/06	27/06	30/06	JUL - AUG		GI NO GI	
SELF-DEFENSE Rear Choke FOCUS Kickboxing	SELF-DEFENSE Pushing & Shoving FOCUS Kickboxing	EXAMEN PROGRAMMA	OPEN MAT SPARRING (GI & NO GI)	ZOMERVAKANTIE		<u>Trainingsuren:</u> Dinsdag & vrijdag: 20u - 21u30 Open mat: di & vr: 21u30 - 22u	