

# FUNDAMENTALS JIU-JITSU

## PLANNING 2024 - 2025

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27/08	30/08	03/09	06/09	10/09	13/09	17/09	20/09
SELF-DEFENSE Bevrijdingen	SELF-DEFENSE Pakkingen	SELF-DEFENSE Wurgingen	SELF-DEFENSE Klemmen	SELF-DEFENSE Headlocks	SELF-DEFENSE Bearhugs	SELF-DEFENSE Worpen	SELF-DEFENSE Afstandaanvallen
FOCUS Guard	FOCUS Guard	FOCUS Mount	FOCUS Mount	FOCUS Side Control	FOCUS Side Control	FOCUS Back/Turtle	FOCUS Back/Turtle
24/09	27/09	01/10	04/10	08/10	11/10	15/10	18/10
SELF-DEFENSE Pakkingen	EXAMEN PROGRAMMA	SELF-DEFENSE Controle	SELF-DEFENSE Wurgingen	SELF-DEFENSE Headlocks	GEEN TRAINING	SELF-DEFENSE Wapens	GEEN TRAINING
FOCUS Kickboxing	PROGRAMMA	FOCUS Guard	FOCUS Guard	FOCUS Mount		FOCUS Side Control	
22/10	25/10	29/10	01/11	05/11	08/11	12/11	15/11
SELF-DEFENSE Bearhugs	SELF-DEFENSE Afstandaanvallen Close Combat	EXAMEN PROGRAMMA	GEEN TRAINING	SELF-DEFENSE Pakkingen Wurgingen	SELF-DEFENSE Bevrijdingen	SELF-DEFENSE Headlocks	SELF-DEFENSE Bearhugs
FOCUS Back/Turtle	FOCUS Kickboxing			FOCUS Guard	FOCUS Guard	FOCUS Mount	<b>FOCUS</b> Mount
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19/11	22/11	26/11	29/11	03/12	06/12	10/12	13/12
19/11 SELF-DEFENSE Klemmen	22/11 SELF-DEFENSE Afstandaanvallen	26/11 SELF-DEFENSE Pakkingen	29/11 EXAMEN PROGRAMMA	03/12 SELF-DEFENSE Worpen	06/12 SELF-DEFENSE Wurgingen	10/12 SELF-DEFENSE Headlocks	13/12 SELF-DEFENSE Controle
SELF-DEFENSE	SELF-DEFENSE	SELF-DEFENSE	EXAMEN	SELF-DEFENSE	SELF-DEFENSE	SELF-DEFENSE	SELF-DEFENSE
SELF-DEFENSE Klemmen FOCUS	SELF-DEFENSE Afstandaanvallen FOCUS	SELF-DEFENSE Pakkingen FOCUS	EXAMEN	SELF-DEFENSE Worpen FOCUS	SELF-DEFENSE Wurgingen FOCUS	SELF-DEFENSE Headlocks FOCUS	SELF-DEFENSE Controle FOCUS
SELF-DEFENSE Klemmen FOCUS Side Control	SELF-DEFENSE Afstandaanvallen FOCUS Side Control	SELF-DEFENSE Pakkingen FOCUS Back/Turtle	EXAMEN PROGRAMMA	SELF-DEFENSE Worpen FOCUS Kickboxing	SELF-DEFENSE Wurgingen FOCUS Kickboxing	SELF-DEFENSE Headlocks FOCUS Guard	SELF-DEFENSE Controle FOCUS Guard
SELF-DEFENSE Klemmen FOCUS Side Control 17/12 SELF-DEFENSE	SELF-DEFENSE Afstandaanvallen FOCUS Side Control 20/12 EXAMEN	SELF-DEFENSE Pakkingen FOCUS Back/Turtle 24/12	EXAMEN PROGRAMMA 27/12	SELF-DEFENSE Worpen FOCUS Kickboxing 31/12	SELF-DEFENSE Wurgingen FOCUS Kickboxing 03/01	SELF-DEFENSE Headlocks FOCUS Guard 07/01 SELF-DEFENSE	SELF-DEFENSE Controle FOCUS Guard 10/01 SELF-DEFENSE
SELF-DEFENSE Klemmen FOCUS Side Control 17/12 SELF-DEFENSE Bearhugs FOCUS	SELF-DEFENSE Afstandaanvallen FOCUS Side Control 20/12 EXAMEN	SELF-DEFENSE Pakkingen FOCUS Back/Turtle 24/12	EXAMEN PROGRAMMA 27/12	SELF-DEFENSE Worpen FOCUS Kickboxing 31/12 KERSTVAKANTIE	SELF-DEFENSE Wurgingen FOCUS Kickboxing 03/01	SELF-DEFENSE Headlocks FOCUS Guard 07/01 SELF-DEFENSE Afstandaanvallen FOCUS Side Control	SELF-DEFENSE Controle FOCUS Guard 10/01 SELF-DEFENSE Wapens FOCUS
SELF-DEFENSE Klemmen FOCUS Side Control 17/12 SELF-DEFENSE Bearhugs FOCUS Mount	SELF-DEFENSE Afstandaanvallen FOCUS Side Control 20/12 EXAMEN PROGRAMMA	SELF-DEFENSE Pakkingen FOCUS Back/Turtle 24/12 KERSTVAKANTIE	EXAMEN PROGRAMMA 27/12 KERSTVAKANTIE	SELF-DEFENSE Worpen FOCUS Kickboxing 31/12 KERSTVAKANTIE	SELF-DEFENSE Wurgingen FOCUS Kickboxing 03/01 KERSTVAKANTIE	SELF-DEFENSE Headlocks FOCUS Guard 07/01 SELF-DEFENSE Afstandaanvallen FOCUS Side Control	SELF-DEFENSE Controle FOCUS Guard 10/01 SELF-DEFENSE Wapens FOCUS Side Control



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28/01	31/01	04/02	07/02	11/02	14/02	18/02	21/02
SELF-DEFENSE Bearhugs	EXAMEN PROGRAMMA	SELF-DEFENSE Bevrijdingen	SELF-DEFENSE Afstandaanvallen	SELF-DEFENSE Pakkingen	SELF-DEFENSE Klemmen	SELF-DEFENSE Wurgingen	SELF-DEFENSE Headlocks
FOCUS Guard		FOCUS Mount	FOCUS Mount	FOCUS Side Control	FOCUS Side Control	FOCUS Back/Turtle	<b>FOCUS</b> Back/Turtle
25/02	28/02	04/03	07/03	11/03	14/03	18/03	21/03
SELF-DEFENSE Worpen	EXAMEN PROGRAMMA	SELF-DEFENSE Bearhugs	SELF-DEFENSE Afstandaanvallen	SELF-DEFENSE Controle	SELF-DEFENSE Pakkingen	SELF-DEFENSE Wurgingen	SELF-DEFENSE Wapens
FOCUS Kickboxing		FOCUS Guard	FOCUS Guard	FOCUS Mount	FOCUS Mount	FOCUS Side Control	FOCUS Side Control
25/03	28/03	01/04	04/04	08/04	11/04	15/04	18/04
SELF-DEFENSE Headlocks	EXAMEN PROGRAMMA	SELF-DEFENSE Bearhugs	SELF-DEFENSE Close Combat	SELF-DEFENSE Afstandaanvallen	SELF-DEFENSE Pakkingen	SELF-DEFENSE Bevrijdingen	SELF-DEFENSE Wurgingen
FOCUS Back/Turtle		FOCUS Kickboxing	FOCUS Kickboxing	FOCUS Guard	FOCUS Guard	FOCUS Mount	FOCUS Mount
22/04	25/04	29/04	02/05	06/05	09/05	13/05	16/05
22/04 SELF-DEFENSE Headlocks	25/04 SELF-DEFENSE Klemmen	29/04 EXAMEN PROGRAMMA	02/05 SELF-DEFENSE Bearhugs	06/05 SELF-DEFENSE Afstandaanvallen	09/05 SELF-DEFENSE Worpen	13/05 SELF-DEFENSE Pakkingen	16/05 SELF-DEFENSE Wurgingen
SELF-DEFENSE	SELF-DEFENSE	EXAMEN	SELF-DEFENSE	SELF-DEFENSE	SELF-DEFENSE	SELF-DEFENSE	SELF-DEFENSE
SELF-DEFENSE Headlocks FOCUS	SELF-DEFENSE Klemmen FOCUS	EXAMEN	SELF-DEFENSE Bearhugs FOCUS	SELF-DEFENSE Afstandaanvallen FOCUS	SELF-DEFENSE Worpen FOCUS	SELF-DEFENSE Pakkingen FOCUS	SELF-DEFENSE Wurgingen FOCUS
SELF-DEFENSE Headlocks FOCUS Side Control	SELF-DEFENSE Klemmen FOCUS Side Control	EXAMEN PROGRAMMA	SELF-DEFENSE Bearhugs FOCUS Back/Turtle	SELF-DEFENSE Afstandaanvallen FOCUS Kickboxing	SELF-DEFENSE Worpen FOCUS Kickboxing	SELF-DEFENSE Pakkingen FOCUS Guard	SELF-DEFENSE Wurgingen FOCUS Guard
SELF-DEFENSE Headlocks FOCUS Side Control 20/05 SELF-DEFENSE	SELF-DEFENSE Klemmen FOCUS Side Control 23/05 SELF-DEFENSE	EXAMEN PROGRAMMA 27/05 SELF-DEFENSE	SELF-DEFENSE Bearhugs FOCUS Back/Turtle 30/05 EXAMEN	SELF-DEFENSE Afstandaanvallen FOCUS Kickboxing 03/06 SELF-DEFENSE	SELF-DEFENSE Worpen FOCUS Kickboxing 06/06 SELF-DEFENSE	SELF-DEFENSE Pakkingen FOCUS Guard 10/06 SELF-DEFENSE	SELF-DEFENSE Wurgingen FOCUS Guard 13/06 SELF-DEFENSE
SELF-DEFENSE Headlocks FOCUS Side Control 20/05 SELF-DEFENSE Controle FOCUS	SELF-DEFENSE Klemmen FOCUS Side Control 23/05 SELF-DEFENSE Headlocks FOCUS	EXAMEN PROGRAMMA 27/05 SELF-DEFENSE Bearhugs FOCUS	SELF-DEFENSE Bearhugs FOCUS Back/Turtle 30/05 EXAMEN	SELF-DEFENSE Afstandaanvallen FOCUS Kickboxing 03/06 SELF-DEFENSE Wapens FOCUS Back/Turtle	SELF-DEFENSE Worpen FOCUS Kickboxing 06/06 SELF-DEFENSE Afstandaanvallen FOCUS	SELF-DEFENSE Pakkingen FOCUS Guard 10/06 SELF-DEFENSE Pakkingen FOCUS	SELF-DEFENSE Wurgingen FOCUS Guard 13/06 SELF-DEFENSE Close Combat FOCUS Kickboxing
SELF-DEFENSE Headlocks FOCUS Side Control 20/05 SELF-DEFENSE Controle FOCUS Mount	SELF-DEFENSE Klemmen FOCUS Side Control 23/05 SELF-DEFENSE Headlocks FOCUS Mount	EXAMEN PROGRAMMA 27/05 SELF-DEFENSE Bearhugs FOCUS Side Control	SELF-DEFENSE Bearhugs FOCUS Back/Turtle 30/05 EXAMEN PROGRAMMA	SELF-DEFENSE Afstandaanvallen FOCUS Kickboxing 03/06 SELF-DEFENSE Wapens FOCUS Back/Turtle	SELF-DEFENSE Worpen FOCUS Kickboxing 06/06 SELF-DEFENSE Afstandaanvallen FOCUS Back/Turtle	SELF-DEFENSE Pakkingen FOCUS Guard 10/06 SELF-DEFENSE Pakkingen FOCUS Kickboxing	SELF-DEFENSE Wurgingen FOCUS Guard 13/06 SELF-DEFENSE Close Combat FOCUS Kickboxing