



FUNDAMENTALS JIU-JITSU

PLANNING 2024 - 2025

www.fundamentals-jiu-jitsu.be

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 Back/Turtle	FOCUS 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 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 Mount	FOCUS Mount		
22/04		25/04		29/04		02/05		06/05		09/05		13/05		16/05	
SELF-DEFENSE Headlocks	SELF-DEFENSE Klemmen	EXAMEN PROGRAMMA	SELF-DEFENSE Bearhugs	SELF-DEFENSE Afstandaanvallen	SELF-DEFENSE Worpen	SELF-DEFENSE Pakkingen	SELF-DEFENSE Wurgingen	FOCUS Side Control	FOCUS Side Control	FOCUS Kickboxing	FOCUS Kickboxing	FOCUS Guard	FOCUS Guard		
20/05		23/05		27/05		30/05		03/06		06/06		10/06		13/06	
SELF-DEFENSE Controle	SELF-DEFENSE Headlocks	SELF-DEFENSE Bearhugs	EXAMEN PROGRAMMA	SELF-DEFENSE Wapens	SELF-DEFENSE Afstandaanvallen	SELF-DEFENSE Pakkingen	SELF-DEFENSE Close Combat	FOCUS Mount	FOCUS Mount	FOCUS Back/Turtle	FOCUS Back/Turtle	FOCUS Kickboxing	FOCUS Kickboxing		
17/06		20/06		24/06		27/06		JUL - AUG				GI			
SELF-DEFENSE Wurgingen	SELF-DEFENSE Headlocks	EXAMEN PROGRAMMA	OPEN MAT SPARRING (GI & NO GI)	ZOMERVAKANTIE				NO GI		Trainingsuren: Dinsdag & vrijdag: 20u - 21u30 Open mat: di & vr: 21u30 - 22u					
FOCUS Guard	FOCUS Guard														