

| KW | Datum           | Thema          | Technik 1                 | Technik 2         |
|----|-----------------|----------------|---------------------------|-------------------|
| 1  | 01.01. - 07.01. | Mount 3        | Triangle                  | Armbar            |
| 2  | 08.01. - 14.01. | Back Mount 1   | Elbow Escape              |                   |
| 3  | 15.01. - 21.01. | Back Mount 2   | Rear Naked Choke          |                   |
| 4  | 22.01. - 28.01. | Half Guard 1   | Dive Sweep                | Torque Sweep      |
| 5  | 29.01. - 04.02. | Half Guard 2   | Knee Cut Pass             | D'Arce Choke      |
| 6  | 05.02. - 11.02. | Half Guard 3   | Kimura (bottom)           | Knee Shield Pass  |
| 7  | 12.02. - 18.02. | Turtle 1       | Turtle Shoulder Roll Esc. | Peruvian Necktie  |
| 8  | 19.02. - 25.02. | Turtle 2       | Front Headlock Sitout     | D'Arce Choke      |
| 9  | 26.02. - 03.03. | Turtle 3       | Rollover Backtake         | Truck Backtake    |
| 10 | 04.03. - 10.03. | Closed Guard 1 | Stand Up Pass             | Overhook Triangle |
| 11 | 11.03. - 17.03. | Closed Guard 2 | Flower Sweep              | Armbar            |
| 12 | 18.03. - 24.03. | Closed Guard 3 | Hip Bump Sweep            | Stack Pass        |
| 13 | 25.03. - 31.03. | Side Control 1 | Elbow Escape              |                   |
| 14 | 01.04. - 07.04. | Side Control 2 | Knee Escape               |                   |
| 15 | 08.04. - 14.04. | Side Control 3 | Kimura                    |                   |
| 16 | 15.04. - 21.04. | Mount 1        | Elbow Escape              |                   |
| 17 | 22.04. - 28.04. | Mount 2        | Bridging Escape           |                   |
| 18 | 29.04. - 05.05. | Mount 3        | Triangle                  | Armbar            |
| 19 | 06.05. - 12.05. | Back Mount 1   | Elbow Escape              |                   |
| 20 | 13.05. - 19.05. | Back Mount 2   | Rear Naked Choke          |                   |
| 21 | 20.05. - 26.05. | Half Guard 1   | Dive Sweep                | Torque Sweep      |
| 22 | 27.05. - 02.06. | Half Guard 2   | Knee Cut Pass             | D'Arce Choke      |
| 23 | 03.06. - 09.06. | Half Guard 3   | Kimura (bottom)           | Knee Shield Pass  |
| 24 | 10.06. - 16.06. | Turtle 1       | Turtle Shoulder Roll Esc. | Peruvian Necktie  |
| 25 | 17.06. - 23.06. | Turtle 2       | Front Headlock Sitout     | D'Arce Choke      |
| 26 | 24.06. - 30.06. | Turtle 3       | Rollover Backtake         | Truck Backtake    |