

KW	Datum	Thema	Technik 1	Technik 2
27	01.07. - 07.07.	Closed Guard 1	Stand Up Pass	Overhook Triangle
28	08.07. - 14.07.	Closed Guard 2	Flower Sweep	Armbar
29	15.07. - 21.07.	Closed Guard 3	Hip Bump Sweep	Stack Pass
30	22.07. - 28.07.	Side Control 1	Elbow Escape	
31	29.07. - 04.08.	Side Control 2	Knee Escape	
32	05.08. - 11.08.	Side Control 3	Kimura	
33	12.08. - 18.08.	Mount 1	Elbow Escape	
34	19.08. - 25.08.	Mount 2	Bridging Escape	
35	26.08. - 01.09.	Mount 3	Triangle	Armbar
36	02.09. - 08.09	Back Mount 1	Elbow Escape	
37	09.09. - 15.09.	Back Mount 2	Rear Naked Choke	
38	16.09. - 22.09.	Half Guard 1	Dive Sweep	Torque Sweep
39	23.09. - 29.09.	Half Guard 2	Knee Cut Pass	D'Arce Choke
40	30.09. - 06.10.	Half Guard 3	Kimura (bottom)	Knee Shield Pass
41	07.10. - 13.10.	Turtle 1	Turtle Shoulder Roll Esc.	Peruvian Necktie
42	14.10. - 20.10.	Turtle 2	Front Headlock Sitout	D'Arce Choke
43	21.10. - 27.10.	Turtle 3	Rollover Backtake	Truck Backtake
44	28.10. - 03.11.	Closed Guard 1	Stand Up Pass	Overhook Triangle
45	04.11. - 10.11.	Closed Guard 2	Flower Sweep	Armbar
46	11.11. - 17.11.	Closed Guard 3	Hip Bump Sweep	Stack Pass
47	18.11. - 24.11.	Side Control 1	Elbow Escape	
48	25.11. - 01.12.	Side Control 2	Knee Escape	
49	02.12. - 08.12.	Side Control 3	Kimura	
50	09.12. - 15.12.	Mount 1	Elbow Escape	
51	16.12. - 22.12.	Mount 2	Bridging Escape	
52	23.12. - 29.12.	Mount 3	Triangle	Armbar