

KW	Datum	Thema	Technik 1	Technik 2
1	29.12. - 04.01.	Winterferien		
2	05.01. - 11.01.	Back Mount 2	Rear Naked Choke	
3	12.01. - 18.01.	Back Mount 3	Rear Triangle	Rear Armbar
4	19.01. - 25.01.	Half Guard 1	Dive Sweep	Torque Sweep
5	26.01. - 01.02.	Half Guard 2	Knee Cut Pass	D'Arce Choke
6	02.02. - 08.02.	Half Guard 3	Kimura (bottom)	Knee Shield Pass
7	09.02. - 15.02.	Half Guard 4	Underhook Wrestle up	Overhead Sweep
8	16.02. - 22.02.	Turtle 1	Far Shoulder Roll Esc.	Peruvian Necktie
9	23.02. - 01.03.	Turtle 2	Near Shoulder Roll Esc.	Inside Leg Esc.
10	02.03. - 08.03.	Turtle 3	Front Headlock Sitout	D'Arce Choke
11	09.03. - 15.03.	Turtle 4	Rollover Backtake	Truck Backtake
12	16.03. - 22.03.	Closed Guard 1	Stand Up Pass	Overhook Triangle
13	23.03. - 29.03.	Closed Guard 2	Flower Sweep	Armbar
14	30.03. - 05.04.	Closed Guard 3	Hip Bump Sweep	Stack Pass
15	06.05. - 12.04.	Osterferien		
16	13.04. - 19.04.			
17	20.04. - 26.04.	Closed Guard 4	Scissor Sweep	Loop Choke
18	27.04. - 03.05.	Side Control 1	Elbow Escape	
19	04.05. - 10.05.	Side Control 2	Knee Escape	
20	11.05. - 17.05.	Side Control 3	Kimura	
21	18.05. - 24.05.	Side Control 4	North/South Choke	D'Arce Choke
22	25.05. - 31.05.	Mount 1	Elbow Escape	
23	01.06. - 07.06.	Mount 2	Bridging Escape	
24	08.06. - 14.06.	Mount 3	Triangle	Armbar
25	15.06. - 21.06.	Mount 4	Americana	Cross Choke
26	22.06. - 28.06.	Back Mount 1	Elbow Escape	