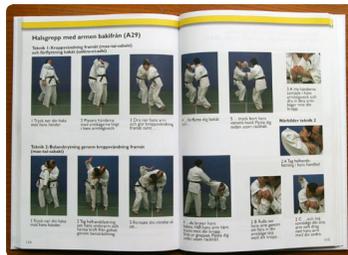


Learn more about Durewalls jiujitsu through his unique book series

- * **Base Exercises**
- * **Method Training**
- * **Instructive pictures and text** that will inspire you to knowledge of **Principles, Techniques** and provide lots of information in e.g. **legitimate defence and jiujitsu history.**

Welcome to an Innovative New World with Old Roots



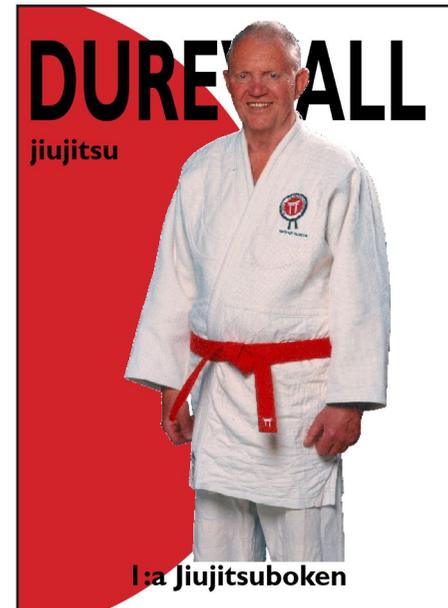
To order the books or get more information, visit
www.kurtdurewall.com

Call **+46 (0)31-200 705**

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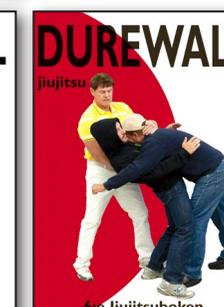
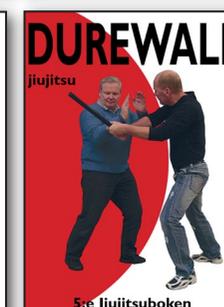
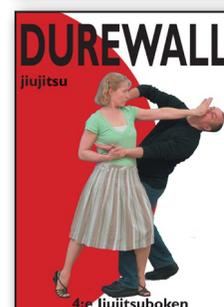
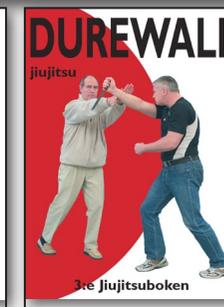
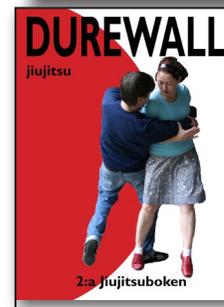
Jiujitsu according Durewall

A modern self-defence that fits all



”with minimal force achieve maximum effect without causing pain or injury”

柔術



Kyu-series is complete
More books with the
Dan-grading will come

Durewall-jiujitsu

Selfdefence & Selfprotection

No martial arts with punches and kicks, no high throwing, nor traditional Ju-jutsu where the adversary is at risk of injury. Instead, *Techniques and Principles* based on being able to protect yourself or another person threatened with punches, kicks and weapons, to free themselves from the attacker and, if necessary, trip him and hold on.

*"Break no bones -
Break the balance"*

To protect your body against unnecessary burdens and malicious influences is a familiar subject today but few people know *how* they should protect themselves.

Kurt developed a working ergonomic system from his jiu-jitsu called Durewallsystem. This is mainly used in health care but also in the rest of society.

*"Today's staff must not become
tomorrow's patients
because of their work "*

Kurt Durewall?

"Hey peasant lads, this is what you should learn instead of those wallops you use in the dance-courses."

These words were spoken in an elementary school in 1937 and changed Kurt "Kurre" Durewalls life and direction.

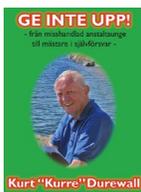
What they should learn was "Jiu-Jitsu Tricks" from the Swedish pioneer Viking Cronholms book.

Kurt started learning jiu-jitsu and also trained judo, boxing and other martial arts but did not like that most traditional jiu-jitsu-techniques were based on inflicting pain and damage to the opponent. He began to develop and improve these techniques to a more humane and gentler model.

Durewalljiujitsu was born.



Kurt Durewall (1924-2013) was active in training and development of his system until the end. His last book was his self-biografi "Ge inte upp!" That came out in jan 2014.



Principles and Techniques

Technique is *what* you do

The technique is exchangeable, selected to the situation and environment

Principle is *how* you do

- The principles are fixed and used in all techniques

**"with
minimal force
achieve maximum effect
without causing
pain or injury"**

The Durewall principle

Protection

Protect yourself from attacks
and your body from other injuries

Balance

The body position with the
minimum necessary muscle strain

Movement

Move around to change
the situation to your advantage

Firmness

Be firm and decisive in your
verbal and physical defense

Softness

Overcome opposition
power with minimal force

Consideration

Show kindness, respect and esteem
for your fellow human beings