

CAPOEIRA GUERREIROS

CORDEL VERDE CLARO

PROVA PRACTICA

General Requirements:

This is when the student is introduced to Capoeira. Following a brief explanation of the philosophy and theory of Capoeira, the student will be ready to begin their Capoeira career.

Objectives:

- To teach the student to play Capoeira.
- To provide the student with general knowledge of the basics of Capoeira Angola and Regional.
- To develop the students' concept of spatial awareness.
- To develop skills for using the instruments used in the Capoeira Roda.
- To learn the Sequência da Ensenio Capoeira Regional.

1. Bêncão
2. Martelo
3. Meia Lua de Frente
4. Queixada
5. Armada
6. Meia Lua de Compasso/Raba de Arraia
7. Cocorínha
8. Esquiva
9. Negativa, Rolê
10. Aú
11. Instrument (Reco Reco, Agogô or Pandeiro)
12. Chula

CAPOEIRA GUERREIROS

CORDEL VERDE CLARO & ESCURO TRANÇADA

PROVA PRACTICA

General Requirements:

For this cord a review is done of the basic Capoeira movements or *fundamentos* that were mastered for the previous cord. The student will show better technical control and greater volume of game. Development of the specific physical abilities and a better vision of the game is required. For this cord the student plays the *toques* of *Pandeiro* and *Atabaque* while singing in the Roda.

Objectives

- To develop specific physical qualities: agility, flexibility, coordination and balance.
- To provide the student with general knowledge of the history of Capoeira in Brazil.
- The will participate in exchanges and courses with other Mestres and other groups.
- To demonstrate the Seqüência da Ensenio Capoeira Regional.

1. Meia Lua de Compasso/Rabo de Arraia, Martelo, Esporão
2. Chapa, Bananeira
3. Godeme/Galopante
4. Giro, Cocorinha, Tesoura no Chão
5. Negassa, Negativa, Role, Chapa de Costas
6. Cabeçada/Arpão de Cabeça
7. Cocorinha, Arrastão
8. Giro, Joelhada
9. Cocorinha, Resistência, Negativa, Rolê
10. Rasteira, Au Sapinho
11. Instrument (Atabaque or Pandeiro)
12. Corridos

Mestre Gaiivota

CAPOEIRA GUERREIROS

CORDEL VERDE ESCURO

PROVA PRACTICA

General Requirements

With this cord, the student will play at least three *toques* on the Berimbau (Angola, São Bento Pequêno and São Bento Grande de Angola) and sing in the Capoeira roda. The student will demonstrate the Seqüência da Ensenio Capoeira Regional. With this cord, the student appropriately utilizes the basic movements (fundamentos) of Angola and Regional.

Objectives

- To continue to develop the students' game of Capoeira.
- To train the Seqüência da Ensenio Capoeira Regional with contact and unbalancing blows.
- To practice Chamadas de Bênção of Capoeira Angola.
- To continue developing musicianship and the skills to play the Berimbau.

1. Meia Lua de Frente, Banda/Banda Trançada
2. Armada, Meia Lua de Compasso, Queda de Rins, Negativa, Role
3. Esquiva de Frente/Decida Basica, Troca Negativa, Martelo no Chão or Chapéu de Couro
4. Armada Falsa, Martelo & Gancho
5. Quixada, Armada, Parafuso
6. Esquiva pra Trais/Quebra de Ginga, Banda de Letras/Paulista
7. Esquiva de Frente/Decida Basica, Vingativa
8. Meia Lua de Frente, Esporão
9. Sapinho, Queda de Tres, Negativa, Role
10. Aú Cortado & Aú Agulha, Macaco
11. Instrument (All)
12. Ladainha & Corridos

CAPOEIRA GUERREIROS

CORDEL VERDE AMARELO TRANÇADA

PROVA PRÁTICA

General Requirements

With this cord the student will play at least five *toques* on the Berimbau (including Banguela and São Bento Grande de Regional) and will sing in the Capoeira roda. Train the Sequência da Ensenio Capoeira Regional with the Cintura Deprezada. The basic *floreio* and *desequilibrantes* movements are perfected. Learn the dances of Capoeira and be able to participate in them.

Objectives

- To train the Sequência da Ensenio Capoeira Regional with traumatizing and unbalancing (*desequilibrantes*) blows.
- To train the Cintura Deprezada.
- To execute Sequências with floreios.
- To train the fundamentals of Capoeira Angola.
- To take part in exchanges and courses with other Mestres in other groups.
- To continue to develop musicality.

1. Meia Lua de Frente, Rasteira com Coice de Mula
2. Tesoura Voador/Tesoura de Frente-Contra Armada
3. Meia Lua de Compasso, Esquiva de Fundo
4. Armada, Parafuso, Meia Lua de Compasso
5. Decida Básica (Esquiva de Frente), Troca Negativa, Chapéu de Couro or Esse or S-Dobrado or Doble Esse
6. Queixada, Rasteira e Aú, Queda de Rins
7. Meia Lua Presa/Solta
8. Meia Lua de Frente, Ponteira, Chibata
9. Armada e Aú Sem Mão
10. Chamadas & Passagens de Angola
11. Instruments (All)
12. Ladainha, Corridos, & Quadras

CAPOEIRA GUERREIROS

CORDEL AMARELO CLARO

PROVA PRATICA

General Requirements

With this cord the student will play at least seven *toques* on the Berimbau (Jogo de Dentro & Cavalaria) and will lead the Capoeira roda. The basic *floreio* and *desequilibrantes* movements are perfected. The student will be able to teach Children's Capoeira Lessons under supervision.

Objectives

- To know the history of Maculêlê and play the toque on the Atabaque.
- To know the History of Samba de Roda.
- To train the fundamentals of Capoeira Angola, Regional & Contemporânea.

1. Esquiva de Frente/Decida Basica, Troca Base, Meia Lua de Compasso
2. Meia Lua Enganosa, Banda
3. Golpes – Falsas
4. Golpes – Puladas
5. Rasteira de Mao, Cruz-Contra Meia Lua de Compaso
6. Pião de Mão-Contra Tesoura no Chão
7. Resistência, Macaquinho
8. Solta do Peixe, Queda de Rim, Tesoura no Chão
9. Macaco, Quebra de Rim
10. Aú de Gato (Aú Resistência)
11. Instrument (All)
12. Cantas de Maculele

CAPOEIRA GUERREIROS

CORDEL AMARELO TRANÇADA

PROVA PRÁTICA

General Requirements

With this cord the student will play at least nine toques on the Berimbau (Santa Maria, Apanha Laranja) and will lead the Capoeira roda without supervision. The student will be able to teach Adult's & Children's Capoeira lessons with supervision. Learn the dances of Capoeira and be able to perform them.

Objectives

- To know the various styles of teaching.
- To be able to compose and implement a lesson plan.
- To teach the fundamentals of Capoeira Angola, Regional & Contemporânea.
- To teach the fundamentals of Capoeira music and dance.

1. Meia Lua de Compasso, Tesoura de Costas
2. Meia Lua de Frente, Boca de Calça
3. Cocorinha, Cabeçada, Arrastão
4. Armada Falsa, Baianada
5. Queda de Quatro, Encruzilhada
6. Decida Básica, Troca Negativa, Cocorinha, & Macaco

Giratoria

7. Meia Lua de Compasso, Pião de Cabeça
8. Au Batido
9. Rabo de Arraia (Floreio)
10. Xango/Solta Mortal/Meia Solta
11. Instrument (All)
12. Music - All

CAPOEIRA GUERREIROS

AMARELO ESCURO

PROVA PRATICA

General Requirements

With this cord the student will play at least eleven *toques* on the Berimbau (Iuna, Samba de Roda) and will lead the Capoeira roda with supervision. The student will be able to teach Adult's Capoeira Lessons with supervision & Children's Capoeira Lessons without supervision. Learn the dances of Capoeira and be able to teach them.

Objectives

- To adapt various styles of teaching to various audiences.
- To be able to implement and modify a lesson plan.
- To play in the Roda de Capoeira with Mandinga.
- To play in the Roda de Capoeira with Malicia.
- To attend Four Capoeira Events & Workshops each year.
- To Positively Represent Capoeira in the Public Forum.

1. Teach Sequencia
2. Teach Chamadas
1. Teach Baloes
2. Teach Maculele
3. Attend five workshops per year
4. Toque de Maculele no Atabaque e Agogo
5. Toque de Puxada de Rede no Atabaque
6. Instrument (All)
7. Ladainha, Chula, Quadra, Corrido

CAPOEIRA GUERREIROS CORDEL AMARELO/AZUL

General Requirements

With this cord the Formado will play at least 13 toques on the Berimbau (Santa Maria de Regional, Aviso/Cavalaria) and will lead the roda without supervision. The Formado will be able to teach Adult's & Children's Capoeira lessons without supervision. They will be able to perform the dances of Capoeira and teach them.

Objectives

- To know the various styles of teaching.
- To be able to compose and implement lesson plans in and out of the Academy.
- To teach the fundamentals of Capoeira Angola, Regional & Contemporânea.
- To teach the fundamentals of Capoeira music and dance.

1. Teach Sequencia
2. Teach Chamadas
1. Teach Balões
2. Teach Maculele
3. Attend five workshops per year
4. Toque de Samba no Atabaque e Pandeiro
5. Instrument (All)
6. Ladainha, Chula, Quadra, Corrido

Mestre Gaivota