**CAPOEIRA GUERREIROS**

**AMARELO CLARO & ESCURO TRANÇADA**

**PROVA PRATICA**

# **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, Bianada
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