**CAPOEIRA GUERREIROS**

**CORDEL VERDE CLARO & ESCURO TRANÇADA**

**PROVA PRATICA**

**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.

- To give the students the opportunity to 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, Tsoura no Chão
5. Negassa, Negativa, Role, Chapa de Costas
6. Cabeçãda/Arpão de Cabeçã
7. Cocorinha, Arrastão
8. Giro, Joelhada
9. Cocorinha, Resistência, Negativa, Rolê
10. Rasteira, Au Sapinho
11. Instrument (Atabaque or Pandeiro)
12. Corridos