**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