**CAPOEIRA GUERREIROS**

**CORDEL VERDE CLARO**

**PROVA PRATICA**

**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 his or her 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 Seqüência da Ensenio Capoeira Regional.

1. Bênção
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