

Month 02/08



PHYSICAL ROUTINE

WARM UP 15-20 minutes

Standardized warm-up and body development routine.

BLOCK PHYSICS 30-35 minutes

Basic Movements - Ginga + Negativa

Golpes Direitos - Ponteira

Golpes Giratorios - Chivata

Golpes Traumaticos - Queixada

Techniques - Banda de costas

Basic Combinations - Negativa + esquiva lateral

Acrobatics - Bananeira



JOGO (COUPLES) 5 minutes

RODA (EVERYONE) 5-10 minutes

KNOWLEDGE & Theory



BLOCK MUSIC & SONGS

Berimbau Rythms

- Angola
- Sao Bento Grande de Angola

Song Types

- Quadras

Singing while playing the pandeiro



BLOCK KNOWLEDGE

The Capoeira Masters

RESEARCH MOTIVATION

Formal and informal roda "rules" and "goals".



We are Covid-19 Safe, if Government restrictions apply:

- ☐ This block requires live instructions/supervision   
- ☒ This block assumes substitution of partners for an object (like a chair).
- ☐ This block can be developed fully online at anytime during the Program.

