

Month 03/08



PHYSICAL

ROUTINE

WARM UP 15-20 minutes

Standardized warm-up and body development routine.

BLOCK PHYSICS 30-35 minutes

Basic Movements - Ginga + Rolé
Golpes Direitos - Martelo
Golpes Giratorios - Armada dupla
Golpes Traumaticos - Queixada Baixa

Techniques - Banda traçada

Basic Combinations - Negativa + Rolé

Acrobatics - Queda de rins + Queda de tres

JOGO (COUPLES) 5 minutes

RODA (EVERYONE) 5-10 minutes

KNOWLEDGE & Theory



BLOCK MUSIC & SONGS

Berimbau Rythms

- luna
- Sao Bento Grande de Regional

Song Types

- Ladainhas

Play the Atabaque



BLOCK KNOWLEDGE

Capoeira Groups and Capoeiristas Types.

RESEARCH MOTIVATION

Short Introduction to Slavery & Capoeira



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.

