

Month 04/08



PHYSICAL ROUTINE

WARM UP 15-20 minutes

Standardized warm-up and body development routine.

BLOCK PHYSICS 30-35 minutes

Basic Movements - Ginga + Aú

Golpes Direitos - Chapa

Golpes Giratorios - Martelo voador

Golpes Traumaticos - Queixada saindo da atrás

Techniques - Tesoura de frente

Basic Combinations - Aú + negativa + rolé

Advanced Movements - Fazer um jogo de floreio

Acrobatics - Aú batido

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

Singing while playing the Atabaque



BLOCK KNOWLEDGE

Capoeira in the Social Networks

RESEARCH MOTIVATION

Role of the non-formal educational organizations in children education



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.

