

Month 05/08



PHYSICAL ROUTINE

WARM UP 15-20 minutes

Standardized warm-up and body development routine.

BLOCK PHYSICS 30-35 minutes

Basic Movements - Ginga + Rasteira
Golpes Traumaticos - Gancho
Golpes Giratorios - Martelo cruzado
Techniques - Crucifixo

Basic Combinations - Rasteira + negativa + rolé

Contra-technique - Armada + troca de pe + martelo

Sequencias de Mestre Bimba

Acrobatics - Aú sem mao

JOGO (COUPLES) 5 minutes

RODA (EVERYONE) 5-10 minutes

KNOWLEDGE & Theory



BLOCK MUSIC & SONGS

Berimbau Rythms
• Banguela
• Samba de roda

Song Types
• Chulas

Play o Reco-reco



BLOCK KNOWLEDGE
Capoeira Angola and its Mestres

RESEARCH MOTIVATION
Áfrican Culture & Music



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 will can be developed fully online at anytime during the Program.

