



PHYSICAL ROUTINE

WARM UP 15-20 minutes

Standardized warm-up and body development routine.

BLOCK PHYSICS 30-35 minutes

Basic Movements - Ginga + Aú com uma mao
Golpes Traumaticos - Meia lua de compasso
Golpes Giratorios - Rabo de arraia

Techniques - Tesoura de costas

Basic Combinations - Negativa se afastando + aú

Contra-Techniques - Meia lua de compasso - contra

Jogo de Floreio

Acrobatics - Aú Santo Amaro

JOGO (COUPLES) 5 minutes

RODA (EVERYONE) 5-10 minutes

KNOWLEDGE & Theory



BLOCK MUSIC & SONGS

Berimbau Rythms

- Banguela
- Samba de roda

Song Types

- Chulas

Sing while playing the Reco-reco



BLOCK KNOWLEDGE

Capoeira Regional and its Mestres

RESEARCH MOTIVATION

The development of capoeira diachronically
Other martial arts review



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.

