

Month 08/08



PHYSICAL

ROUTINE

WARM UP 15-20 minutes

Standardized warm-up and body development routine.

BLOCK PHYSICS 30-35 minutes

Ginga - Summary

Basic Combinations: Armada Dupla + Armada

Contratechniques: Meia Lua de Compasso + Rasteira

Acrobatics: Parafuso and Flip/Flap (Backflip)

Cintura Despreçada (Regional) e Jogo de luna



JOGO (COUPLES) 5 minutes

RODA (EVERYONE) 5-10 minutes

KNOWLEDGE & Theory



BLOCK MUSIC & SONGS

Berimbau Rythms:

Cavalaria

Jogo de dentro

Santa María

Song Types

Corridos

Play the Agogô + sing at the same time



KNOWLEDGE BLOCK

Capoeira adaptations for 2020 Pandemic

RESEARCH MOTIVATION

Martiality and Education, the Mastering the Martial Life Art



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.

