

Month 01/08



PHYSICAL

ROUTINE

WARM UP 15-20 minutes

Standardized warm-up and body development routine.

BLOCK PHYSICS 30-35 minutes

Conceptualization/Introduction

Basic Movements - Ginga and Esquiva

Golpes Direitos - Benção

Golpes Giratorios - Armada

Golpes Traumaticos - Meia lua de frente

Techniques - Vingativa

Basic Combinations - Ginga and Esquiva

Acrobatics - definition and student test

JOGO (COUPLES) 5 minutes

RODA (EVERYONE) 5-10 minutes

KNOWLEDGE & Theory

BLOCK MUSIC & SONGS

Conceptualization/Introduction

Berimbau Rythms

• Angola

• Sao Bento Grande de Angola

Song Types

• Quadras

Play the Pandeiro

BLOCK KNOWLEDGE

Capoeira History

RESEARCH MOTIVATION

Physical qualities that benefit the capoeira practise



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.

