



Youth Cord Requirements: 4th through 6th Cords

All cord tests are comprehensive and include the requirements of all previous cords.
Students are eligible to advance every six months.

	4 th Cord: DARK GREEN/YELLOW TIPS	5 th Cord: LIGHT GREEN/BLUE TIPS	6 th Cord: DARK GREEN/BLUE TIPS
MOVIMENTAÇÃO	Rolé	Quebrada Vingativa contra Compasso (Esquiva da Ginga Entrada)	Vingativa contra Armada (Rolé Entrada)
GOLPES	Meia Lua de Frente/Martelo Meia Lua de Frente/Armada Meia Lua de Frente/Compasso Meia Lua de Frente/Au	Queixada/Benção Queixada/Martelo Queixada/Armada Queixada/Au	Armada/Martelo Armada/Compasso Armada/Queixada Armada/Au
ACROBACÍAS	Au Bananeira	Au Rolé	Ponte
MÚSICA	Play the atabaque in rhythm with the other instruments Play the pandeiro rhythm	Play the atabaque while singing at least two choruses Play the pandeiro in rhythm with the other instruments, including started the pandeiro rhythm with the berimbau	Sing at least two choruses while playing the pandeiro Sing a solo while clapping hands
CULTURA	<i>Show where Bahia is on a map of Brazil</i> <i>Explain why Bahia is important to Capoeira:</i> -Mestre Bimba -Many slaves arrived to Brazil in Bahia -Still considered the “cradle” of capoeira <i>What is the Pelorinho?</i>	<i>What is “Axé?”</i> <i>What are some things that affect the axé...?</i> -in a class -in the roda -in our group	<i>Where do the colors of the cords come from? What do they mean?</i> <i>What does “Batizado” mean?</i> <i>What does “Troca de Cordas” mean?</i> <i>What was a “batizado” in Mestre Bimba’s school?</i>
PORTUGUESE	Greetings	Pronouns	Adjectives