



Youth Cord Requirements: 7th through 9th Cords

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

	7 th Cord: YELLOW TIPS	8 th Cord: YELLOW/LIGHT BLUE TIPS	9 th Cord: YELLOW/DARK BLUE TIPS
MOVIMENTAÇÃO	A counter to vingativa	Queda de rins	Escapa contra Armada Escapa contra Compasso
GOLPES	Queixada/Queixada changing directions Armada/Armada changing directions Compasso/Compasso changing directions	Meia Lua de Compasso/Retreating Negativa/Rolé Meia Lua de Compasso contre Meia Lua de Compasso (folding over each other)	Meia Lua de Compasso/Retreating Negativa/Rolé/Ponte Chapeau de Couro Armada Pulada
ACROBACÍAS	Pião de mão	Macaco	Amazonas
MÚSICA	Sing a solo while playing the atabaque	Sing a solo while playing the pandeiro	São Bento Grande de Angola toque on the Berimbau
CULTURA	<i>Why is a warm-up important before training?</i> <i>Lead the class in a 5-10 minute warm-up that prepares the whole body for training.</i> <i>Lead the class in a series of kicks from the ginga by counting out each kick in Portuguese.</i>	<i>Make a list of the qualities you admire in another capoeirista. Write a note of appreciation expressing how their example has influenced you. Ask your instructor if you need help getting a mailing address or other contact info.</i>	<i>Prepare and present a 2-minute speak that answers the question: How has your experience training capoeira benefitted you?</i>
PORTUGUESE	Count to 100	AR Verbs: Jogar, Brincar, Tocar	Capoeira Class Terms