



## Level 3 Requirements: 8<sup>th</sup> and 9<sup>th</sup> Cords

All cord tests are comprehensive and include the requirements of all previous cords.

Students with an average 80% attendance rate are eligible to advance every 12 months.

	<b>8<sup>th</sup> Cord: YELLOW/LIGHT BLUE</b>	<b>9<sup>th</sup> Cord: YELLOW/DARK BLUE</b>
<b>MOVIMENTAÇÃO</b>	<p>Explain the history of the development of Banguela-style capoeira including its founder, the historical context that motivated its creation, and a general description of the style that we teach in our group</p> <p>Demonstrate 4 banguela style movements and/or sequences that illustrate the characteristics of Intention, Engagement, Malícia, Circular movement</p>	<p>Give a simple explanation of the historical significance of Angola-style capoeira including names of notable Mestres past and present, characteristics of Angola movements, and roda etiquette unique to the style.</p> <p>Play a game in Angola style that demonstrates the movements and etiquette characteristic of the style</p>
<b>GOLPES</b>	<p>Ponteira Chapa Giratoria</p>	<p>Cabeçada Espora/Esporão</p>
<b>QUEDAS</b>	<p>Paulista Rasteira de mão Tesoura de frente</p>	<p>Rasteira encaixada Banda de costa Boca de calça Banda de frente presa/Tronco</p>
<b>ACROBACÍAS</b>	<p>Volta por cima Au de frente Au encaixada Macaco em pé Use Macaco in a Sequence</p>	<p>Au de costa Au de cabeça Canivete Use Meia lua Encaixada in a Sequence Use Amazonas in a Sequence</p>
<b>MÚSICA</b>	<p>Berimbau toque: Regional de Bimba Samba Pandeiro Maculelê Drum Rhythm</p>	<p>Berimbau toque: luna Berimbau toque: Santa Maria Sing a solo with the Angola toque on berimbau Sing a solo with the Maculelê drum rhythm</p>
<b>PREPARATION FOR GRADUADO</b>	<p>Play a game in the roda that demonstrates a good balance of high to low movement, kicks and acrobatics with balanço and smooth transitions between each movement</p> <p>Lead the warm-ups in a class for 1 month</p>	<p>Team teach a class with a current instructor for 1 month</p>
<b>PORTUGUESE</b>	<p>5 of 8 Level 2/3 Lessons</p>	<p>6 of 8 Level 2/3 Lessons</p>