

Capoeira Terminology & Techniques

Basic Movement / Terms

capoeira [cah-pu-EH-rah]

Capoeira Angola [cah-pu-EH-rah Ang-oh-lah]- one of the two main branches of capoeira, created by Mestre Pastinha

Capoeira Regional [cah-pu-EH-rah hey-dzoh-naw]- one of the two main branches of capoeira, created by Mestre Bimba. Our lineage branches back to a direct student of Mestre Bimba.

Maculele [mah-koo-ley-ley); a related dance done with sticks- traditionally machetes

cadeira [cah-DEH-rah]- chair; feet wide and parallel, knees bent, hands open and up guarding

ginga [JEEN-gah]- swing; basic movement in capoeira

rolê [ho-LAY]- roll, low to the ground stepping through movement, often done after negativa

aú [ah-OO]- cartwheel

passagem [pah-SAHjz-imng] (last syllable nasalized)- passage; can be done standing or on the ground, turning away and through movement

roda [HOH-dah]- wheel; basic formation players in capoeira

entrada [en-trah-da]- entrance; the action of stepping in to set up a kick or offensive technique

tesoura de Angola [tchee-zor-ah jee Angola]- scissors of Angola (style); a ground movement done with legs apart moving towards partner; this is used in capoeira Angola but occasionally utilized in our style

Escapes/ Esquivas

esquiva [eh-SKEE-vah]- escape/to avoid; feet parallel, knees bent, chest goes down towards thigh with guard up

cocorinha [coco-REE-nya]- little squat; feet and knees together, crouched to ground, one hand flat on ground and other arm guarding head

negativa [neh-gah-TCHEE-vah]- negative; similar to cocorinha but one leg partially extended with side of foot on ground

guarda baixa [gwar-dah BYE-shah]- low guard; like a long ginga, low to the ground, one hand rests flat on ground outside of front foot, other arm guards head

quadra [KWAHD-rah]- block (like a square); crab walk position

Kicks

meia lua de frente [MEY-ah loo-ah jee FREN-tchee]- half moon to the front; extended inside crescent kick

ponteira [pohn-TEH-ra]- tip; straight forward kick that pushes out, strikes with ball of foot

queixada [kay-SHAH-dah]- jaw; skipping up/behind wheel kick/outside crescent kick

armada [ar-MAH-dah]- armed (like for battle); spinning/turning wheel kick

martelo [mar-TEH-loo]- hammer; straight kick similar to a round / roundhouse kick

martelo rodado [mar-TEH-loo hoh-DAH-doo]- wheeled/rounded hammer- martelo follows through with stepping through

martelo no chao [mar-TEH-loo noo shaow] (last syllable nasalized)- hammer from the ground; martelo from the ground

meia lua de compasso [MEY-ah loo-ah jee com-PAH-soh]- half moon around the compass/clock/circle; spinning crescent kick leading with heel, done with at least one hand on the ground

chapa [shah-pah]- term for any straight kick with sole or heel of foot; typically we refer to kicks from the ground as chapa

Benção [ben-saow]- blessing, a straight kick pushing forward, striking with the full bottom of the foot

Floreio/ Tricks

macaco [mah-KAH-koo]- monkey; small backward flipping movement with hands on ground

bananeira [bah-nah-NEH-rah]- banana tree; hand-stand

queda de rins [KEH-dah jee heens]- stall on the kidney; stalling movement on ground with elbow in waist/kidney for balance

corta capim [cor-tah cahp-eemng] (last syllable nasalized)- cut grass/ lawn mower; spinning one leg in a circle beneath/around you while crouched

ponte [POHN- tchee]- bridge, arched bridge position with feet and hands on floor, chest up

auzinho [ah-oo-ZEE-nyoo]- little aú

aú de cabeça [ah-OO jee cah-beh-sah]- aú with head on the ground

aú sem mão [ah-OO song maow] (last two syllables nasalized)- aú without hands

beija flor [BEH-zjah floor]- hummingbird; balancing kick with one hand on ground, one leg kicks over the top

Take Downs

banda [bahn-dah]; band, a standing sweep take down

rasteira [hahsh-TEH-rah]; pothole/pitfall; a sweep take down; we usually refer to rasteira as a specific version of a sweep done from the ground

vingativa [ving-gah-tchee-vah]; vindictive, flipping someone over your leg

tesoura de frente [tchee-sor-ah jee fren-tchee]; scissors in front; leg lock with a rotation to achieve a take down

tesoura de costas [tchee-sor-ah jee cohs- tahs]; scissors from the back; catching someone around the torso with your legs to achieve a take down

arrastão [a-hash-taow] (last syllable nasalized); to drag/trawl/catch, the act of catching someone behind the knees with your arms, driving your shoulder into their torso, and pull their legs out while pushing up and forward with your body

Hand-Strikes/ Other

galopante [gah-lo-pahn-tchee]- galloping; swiping open hand strike

godeme [go-deh-meh]- strike with back of hand

telefone [tcheh-leh-fo-neh]- telephone; both hands, simultaneous open hand strikes to sides of opponents head

cotovelada [co-toh-veh-lah-da]- elbow strike

cutelo [coo-tchee-loo]- knife; knife hand strike or block

dedeira [dey-deh-rah]- finger; eye gouge