

Youth Cord Requirements: 1st through 3rd Cords

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

	1 ST Cord: LIGHT GREEN TIPS (BATIZADO)	2 nd Cord: DARK GREEN TIPS	3 rd Cord: LIGHT GREEN/YELLOW TIPS
MOVIMENTAÇÃO	Ginga Cocorina	Esquiva Lateral Can dodge the "correct direction" against all fundamentals kicks	Esquiva Frontal
GOLPES	Benção Meia lua de Frente Queixada	Martelo Armada	Meia Lua de Compasso
ACROBACÍAS	Au	Bananeira	Armada/Au Compasso/Au Queixada/Au
MÚSICA	Clap in rhythm with the instruments	Clap while singing the chorus to two different songs	Play the atabaque rhythm
CULTURA	Demonstrate how to safely enter and exit the roda. Where does capoeira come from? Brazil/Bahia What language do we use in capoeira? Portuguese	What does "Comprar o Jogo" mean? To buy the game How is it used in the roda? Demonstrate how to Safely "buy the game" in the roda. Identify the colors on the Brazilian flag	Demonstrate a "volta ao mundo" and explain how it is used in the roda. Who is Mestre Bimba? The father of modern-day capoeira Opened the first capoeira academy Developed the Regional style
PORTUGUESE	Counting	Colors	Body Parts