



Fundamentals 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 (BATIZADO)	2 nd Cord: DARK GREEN	3 rd Cord: LIGHT GREEN/YELLOW
MOVIMENTAÇÃO	Ginga Cocorina Esquiva Frontal Esquiva Lateral	Quebrada Rolé	Define balanço. Explain its use in the roda. All fundamentals esquivas in combinations
GOLPES	Benção Meia lua de Frente Martelo Queixada	Armada Meia Lua de Compasso	All fundamentals golpes in combinations
QUEDAS	<i>none</i>	Banda de Frente	Vingativa
ACROBACÍAS	Au Bananeira	Au rolé Queda de rins	Ponte
MÚSICA	Palma de Bimba Atabaque	Pandeiro	Start pandeiro and atabaque in time with the berimbau. Sing chorus to “Capoeira Pé da Serra” while clapping, playing pandeiro, and playing atabaque
CULTURA	Demonstrate how to safely enter and exit the roda. Where does capoeira come from? <i>Brazil/Bahia</i>	What does “Volta ao Mundo” mean? <i>Turn Around the World</i> How is it used in the roda?	What does “Comprar o Jogo” mean? <i>To buy the game</i> Demonstrate safely “comprando o jogo.” Explain the etiquette of buying the game: <i>When? How? Who?</i>
PORTUGUESE	3 of the 9 Fundamentals Lessons	6 of the 9 Fundamentals Lessons	All 9 Fundamentals Lessons