



Level 2 Requirements: 4th through 6th Cords

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

	4th Cord: DARK GREEN/YELLOW	5th Cord: LIGHT GREEN/BLUE	6th Cord: DARK GREEN/BLUE
MOVIMENTAÇÃO	Esquiva de Furamento Esquiva da Ginga Use queda de rins in a sequence	Giro Armada Use ponte in a sequence Escapa to dodge armada	Giro Compasso Escapa to dodge Compasso Use queda de rins and ponte in a sequence
GOLPES	Chapa Chapeu de Couro Armada Pulada	Pisão Chibata Presa Chibata Solta Martelo Rodado	Meia lua Solta Parafuso Escorpião
QUEDAS	Rasteira Demonstrate a counter to Vingativa	Banda Trançada Demonstrate a counter to Banda Trançada	Tesoura de Costa Counter Vingativa with Tesoura de Costa
ACROBACÍAS	Pião de Mão Meia Lua Encaixada Macaco	Rosca de Mão Amazonas	Au Sem Mão Au Trocado
MÚSICA	Berimbau toque: São Bento Grande de Angola Sing “Capoeira Pé da Serra” while playing atabaque	Sing a solo while playing pandeiro Berimbau toque: Bangela	Berimba toque: Angola Use the berimbau to control the roda: beginning the music, lowering the verga, tapping out, ending the music.
CULTURA	Participate in the workshops and attend a batizado event hosted by another school.	Lead warm-ups in class for 1 month.	Supervised by an instructor, teach the “lesson” portion of a class for 1 month.
PORTUGUESE	1 of 8 Level 2/3 Lessons	2 of 8 Level 2/3 Lessons	3 of 8 Level 2/3 Lessons