**Youth Cord Requirements – Ages 6 to 13***Eligible to Advance at Each Batizado. All cord tests are comprehensive, i.e. each additional cord is responsible for all previous material in addition to their new requirements.*

**Youth 1st Cord: Dark Green Tips – Minimum 8 classes***Batizado*

**Movimentação:**Ginga
Cocorinha

**Golpes:**Benção
Meia Lua de Frente
Queixada
Armada

**Acrobacías:**Au

**Música:**Clap in rhythm with the instruments

**Cultura:**Demonstrate how to safely enter the roda and to buy the game (“*comprar o jogo*”)
Where does capoeira come from? *Brazil*
What language do we use in capoeira? *Portuguese*
What is the name of our capoeira group? *Capuraginga*
Who is the head of our school in Colorado? *Mestrando Mago*

 **Youth 2nd Cord: Light Green/Yellow - Min. 40 Classes Since Last Cord***requirements for 1st cord, plus…*

**Movimentação:**Esquiva Lateral

**Golpes:**Martelo
Meia lua de Compasso

**Acrobacías:**Bananeira
**Música:**Clap while singing the choruses to two different songs

**Portuguese:**Count to 10 in Portuguese

 **Cultura:**Demonstrate a “volta ao mundo” and explain how it is used in the roda
Who is Mestre Bimba?

**Youth 3rd Cord: Dark Green/Yellow Tips – Min. 40 Classes Since Last Cord***requirements for 1st – 2nd cords, plus…*

**Movimentação:**Esquiva Frontal
Rolé

**Quedas:**Banda de Frente contra Benção
Banda de Frente contra Martelo

**Golpes:**Meia lua de Frente Combinations;
Meia lua de Frente/Martelo
Meia lua de Frente/Armada
Meia lua de Frente/Compasso
Meia lua de Frente/Au

**Música:**Play the atabaque in rhythm with other instruments

**Portuguese:**Name 10 body parts in Portuguese

**Cultura:**Show where Bahia is on a map of Brazil
Explain why Bahia is important to capoeira

**Youth 4th Cord: Light Green/Blue Tips – Min. 40 Classes Since Last Cord***requirements for 1st – 3rd cords, plus…*

**Movimentação:**Quebrada

**Quedas:**Vingativa contra Queixada

**Acrobacías:**Au Rolé

**Golpes:**Queixada Combinations;
Queixada/Benção
Queixada/Martelo
Queixada/Au

**Música:**Play the atabaque while singing at least two choruses

**Portuguese:**Simple introductions - Oi/Tchao/Tudo Bom/Tudo Bem/O que é seu nome/Meu nome $é$/Obrigado(a)/Prazer te Conhecer/Bem Vindo/Boa Noite/Bom Dia/Até Mais/Até Logo

**Cultura:**What is axé?
What are some things that affect the axé in class? The roda? Our group?

**Youth 5th Cord: Dark Green/Blue Tips – Min. 40 Classes Since Last Cord***requirements for 1st – 4th cords, plus…*

**Quedas:**Vingativa contra Armada
A Counter to Vingativa

**Acrobacías:**Au/Bananeira
Pião de Mão
Ponte

**Golpes:**Armada Combinations;
Armada/Benção
Armada/Martelo
Armada/Au

**Música:**Play Pandeiro in rhythm with other instruments

**Portuguese:**Colors: Verde, Amarelo, Azul, Branco, Preto, Vermelho, Laranga, Roxo, Rosa, Marron, Claro, Escouro

**Cultura:**Where do the colors of our cords come from/what do they mean?
How did Mestre Bimba’s ranking system differ from those used by most capoeira schools today?
What does “Batizado” mean?
What does “Troca de Cordas” mean?
What was a “Batizdo” in Mestre Bimba’s school?

**Youth 6th Cord: Yellow Tips – Min. 40 Classes Since Last Cord***requirements for 1st – 5th cords, plus…*

**Movimentação:**Retreating negativa to ponte and exit
Queda de rins
Can use multiple esquivas to correctly dodge queixada combinations

**Golpes:**
Queixada/Armada
Queixada/Compasso
Queixada/Queixada
Queixada/Au Rolé

**Acrobacías:**Macaco

**Música:**Sing a solo while clapping
Sing two choruses while playing Pandeiro

**Portuguese:**Count to 100 in Portuguese

**Cultura:**Why is a warm-up important before training?
Lead a class in a 5 to 10-minute warm-up that prepares the whole body for training
Lead a group in a series of kicks from the ginga, using counting or “vai” to call the kicks

**Youth 7th Cord: Light Blue/Yellow Tips – Min. 40 Classes Since Last Cord***requirements for 1st – 6th cords, plus…*

**Movimentação:**Queda de rins/negative/role
Compasso/Queda de rins/negative/role
Can use multiple esquivas to dodge armada combinations
Can demonstrate bending a long sequence around the roda
 **Golpes:**
Armada/Compasso
Armada/Armada – same direction
Armada/Armada – changing directions
Armada/Au/Rolé

**Acrobacías:**Queixada/Pião de mão in a sequence
Compasso/Macaco
 **Música:**
Sing a solo with atabaque

**Portuguese:**Pronouns and Conjugate the verbs Jogar, Brincar, and Tocar in Portuguese

**Cultura:**Prepare and present a 2-minute speech that answers the question: How has your experience training capoeira benefitted you?

*A Youth student will advance to the 1st Cord: Dark Green of the adult system after completing the Youth ranks or when he or she turns 14, whichever comes first.*