**Fundamentals Advancement Requirements:**Dark Green and Light Green/Yellow  
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**Dark Green Cord Requirements**

**□ knows by name and can perform from the ginga:**

• esquiva frontal

• esquiva lateral

• cocorinha

• rolê

• meia lua de frente

• benção

• martelo

• queixada

• armada

• meia lua de compasso

**□ knows by name and can at least attempt:**

• au

• bananeira

**□ can sing tw0 choruses while clapping hands in rhythm.**

**□ can play at least one of the following instruments:**

• pandeiro

• atabaque

**□ has attended a minimum of 12 classes**

**Light Green/Yellow Cord Requirements**

**□ can perform the following kicks in combinations (same leg kicking each time):**

• meia lua de frente

• benção

• martelo

• queixada

• armada

• meia lua de compasso

**□ can use the following dodges correctly against the above kicks:**

• esquiva frontal

• esquiva lateral

• cocorinha

• quebrada

**□ can perform in combinations with the above movements; has shown improvement in technique since last cord:**

• au

• bananeira

**□ knows by name and can attempt:**

• au rolê

• pião de mão

**□ can perform the following takedowns against an appropriate attack:**

• banda de frente

• vingativa

**□ can play both of the instruments below and can sing at least three different choruses while playing at least one of them:**

• pandeiro

• atabaque

**□ has attended a minimum of 38 classes**