**LEVEL 2 Advancement Requirements:**Dark Green/Yellow, Light Green/Blue, Dark Green/Blue
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**Dark Green/Yellow Cord Requirements**

**□ can define balanço and demonstrate its use in the ginga**

**□ knows by name and can perform at least 2 of the 6 golpes in Level 2:**

• chapa

• meia lua solta

• chapeu de couro

• chibata presa

• pisão

• giro armada

 **□ can use vingativa against an appropriate attack**

**□ can demonstrate at least one counter to vingativa**

**□ can use queda de rins in a sequence**

**□ knows by name and can demonstrate 2 of the 10 acrobatic movements in Level 2:**

• meia lua encaixada

• rosca de mão

• martelo rodado

• macaco

• amazonas

• parafuso

• escorpião

• au sem mão

• au trocado

• pião de mão

 **□ can sing choruses while playing both:**

 • pandeiro

• atabaque

**□ can sing a solo while clapping hands**

**□ can play the São Bento Grande de Angola rhythm on the berimbau**

**□ has attended a minimum of 38 additional classes (total class minimum = 88; approx. 1-1.5 years training)**

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**Light Green/Blue Cord Requirements**

**□ can demonstrate using escapa to dodge a circular kick**

**□ knows by name and can use esquiva de furamento to dodge an appropriate kick**

**□ knows by name and can perform at least 4 of the 6 golpes in Level 2:**

• chapa

• meia lua solta

• chapeu de couro

• chibata presa

• pisão

• giro armada

 **□ knows by name and can demonstrate 5 of the 10 acrobatic movements in Level 2:**

• meia lua encaixada

• rosca de mão

• martelo rodado

• macaco

• amazonas

• parafuso

• escorpião

• au sem mao

• au trocado

• pião de mão

 **□ knows by name and can perform at least 2 of the following quedas against an appropriate attack**

• vingativa

• banda de frente

• banda trançada

• rasteira

• tesoura de costa

 **□ can demonstrate at least 2 counters to vingativa**

**□ can use queda de rins in two different sequences**

**□ can use ponte in a sequence**

**□ can sing a solo while playing both:**

• pandeiro

• atabaque

**□ can sing at least 3 different choruses while playing the berimbau**

**□ can play either the Banguela or Angola berimbau rhythm**

**□ has attended a minimum of 76 additional classes (total minimum, classes attended = 164; approx. 2-2.5 years training)**

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**Dark Green/Blue Cord Requirements**

**□ can demonstrate using escapa to dodge:**

• armada

• queixada

• meia lua de compasso

 **□ knows by name and can perform all 6 golpes in Level 2:**

• chapa

• meia lua solta

• chapeu de couro

• chibata presa

• pisão

• giro armada

 **□ knows by name and can perform all of the following quedas against appropriate attacks**

• vingativa

• banda de frente

• banda trançada

• rasteira

• tesoura de costa

 **□ knows by name and can demonstrate all 10 acrobatic movements in Level 2:**

• meia lua encaixada

• rosca de mão

• martelo rodado

• macaco

• amazonas

• parafuso

• escorpião

• au sem mao

• au trocado

• pião de mão

 **□ can demonstrate at least 3 counters to vingativa**

**□ can use queda de rins in 4 different sequences**

**□ can use ponte in 2 sequences**

**□ can sing a solo while playing the berimbau**

**□ can play both the Banguela and Angola berimbau rhythms**

**□ has participated in workshops and attended at least one batizado event hosted by another school (Capuraginga school or other)**

• Date: \_\_\_\_\_\_\_ School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**□ has participated in a demonstration or performance of capoeira**

• Date: \_\_\_\_\_\_\_ Event: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**□ has attended a minimum of 76 additional classes (total minimum classes attended = 240; approx. 3-3.5 years training)**