**LEVEL 3 Advancement Requirements:**Yellow (Capoeirista), Light Blue/Yellow (Capoeirista), Dark Blue/Yellow (1st Graduado)  
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**Yellow Cord Requirements - Capoeirista**

**□ is responsible for all material required for Dark Green, Light Green/Yellow, Dark Green/Yellow, Light Green/Blue, and Dark Green/Blue cords**

**□ can explain the history of the development of Banguela-style capoeira including its founder, the historical context that motivated its creation, and a general description of the style that we teach in our group**

**□ can play a game in banguela style that demonstrates the characteristics of**

* Intention
* Engagement
* Malícia
* Circular movement

**□ using a collective knowledge of capoeira movements, can play a game in the roda that demonstrates a good balance of high to low movement, kicks and acrobatics with balanço and smooth transitions between each movement**

**□ can demonstrate at least 2 counters to banda trançada; one from standing and one after going to the ground**

**□ knows by name and can perform at least 4 of the 7 new golpes in the program:**

* Cabeçada
* Ponteira
* Martelo de chão
* Chapa giratoria
* Espora/Esporão
* Cotovelada
* Joelhada

**□ can demonstrate using vingativa against a crossing kick**

**□ knows by name and can perform at least 4 of the 11 Level 3 quedas against appropriate attacks:**

* Paulista
* Banda trançada
* Rasteira encaixada
* Rasteira de mão
* Banda de costa
* Tesoura de frente
* Boca de calça
* Banda de frente presa/Tronco
* Calcaneira
* Arrastão
* Agarrão

**□ can demonstrate using macaco in a sequence**

**□ can demonstrate using meia lua encaixada in a sequence**

**□ can demonstrate using amazonas in a sequence**

**□ knows by name and can perform at least 4 of the 9 new acrobatic movements in the program:**

* Volta por cima
* Au de frente
* Au de costa
* Au de cabeca
* Canivete
* Au encaixada
* Macaco em pé
* Macaco de solo
* S-dobrado

**□ can sing at least 5 different solos while playing the São Bento Grande de Angola rhythm on the berimbau**

**□ can sing a solo while playing the Banguela rhythm on the berimbau**

**□ can play the Regional de Bimba rhythm on the berimbau**

**□ can play samba pandeiro**

**□ can play the maculelê drum rhythm**

**□ can sing at least two different maculelê choruses**

**□ has assisted with at least one workshop for an organization outside of the academy**

• Date: \_\_\_\_\_\_\_ Organization: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**□ has participated in the workshops and batizado at an event hosted by a school other than Capuraginga**

• Date: \_\_\_\_\_\_\_ Group: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**□ has attended a minimum additional 76 classes (approx. 4-4.5 years training)**

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**Light Blue/Yellow Cord Requirements - Capoeirista**

**□ is responsible for all material required for cords from Dark Green through Yellow**

**□ can give a simple explanation of the historical significance of Angola-style capoeira including names of notable Mestres past and present, characteristics of Angola movements, and roda etiquette unique to the style.**

**□ can play a game in Angola style that demonstrates the movements and etiquette characteristic of the style**

**□ can demonstrate 4 counters to banda trançada**

**□ knows by name and can perform all 7 of the Level 3 golpes:**

* Cabeçada
* Ponteira
* Martelo de chão
* Chapa giratoria
* Espora/Esporão
* Cotovelada
* Joelhada

**□ knows by name and can perform at least 8 of the 11 Level 3 quedas against appropriate attacks:**

* Paulista
* Banda trançada
* Rasteira encaixada
* Rasteira de mão
* Banda de costa
* Tesoura de frente
* Boca de calça
* Banda de frente presa/Tronco
* Calcaneira
* Arrastão
* Agarrão

**□ can demonstrate using macaco in 2 different sequences**

**□ can demonstrate using meia lua encaixada in 2 different sequences**

**□ can demonstrate using amazonas in 2 different sequences**

**□ knows by name and can perform at least 8 of the 10 new acrobatic movements in the program:**

* Volta por cima
* Au de frente
* Au de costa
* Au de cabeça
* Canivete
* Au encaixada
* Macaco em pé
* Macaco de solo
* S-dobrado

**□ can sing a solo while playing the Angola rhythm on the berimbau**

**□ can play the Iuna and Santa Maria rhythms on the berimbau**

**□ can use the berimbau to control the roda, directing both entrances and exits**

**□ can sing a Maculelê solo while drumming**

**□ has attended a minimum additional 76 classes (approx. 5-5.5 years training)**

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**Dark Blue/Yellow Cord Requirements – 1st Graduado**

**□ is responsible for all material required for cords from Dark Green through Light Blue/Yellow.**

**□ in the roda can play games that demonstrate the stylistic differences between Contemporary, Banguela, and Angola-style capoeira (an informed outside observer could identify the style of game being played without hearing the berimbau rhythm)**

**□ can demonstrate how to initiate and respond to at least three different chamadas**

**□ using a collective knowledge of capoeira movements, can perform 6 different sequences of at least 8 movements each that demonstrate a good balance of high to low movement, kicks and acrobatics with balanço and smooth transitions between each movement**

**□ can demonstrate all Level 3 golpes in multi-movement, partner sequences that show how to attack with and defend from each movement:**

* Cabeçada
* Ponteira
* Martelo de chão
* Chapa giratoria
* Espora/Esporão
* Cotovelada
* Joelhada

**□ knows by name and can perform all 11 Level 3 quedas against appropriate attacks:**

* Paulista
* Banda trançada
* Rasteira encaixada
* Rasteira de mão
* Banda de costa
* Tesoura de frente
* Boca de calça
* Banda de frente presa/Tronco
* Calcaneira
* Arrastão
* Agarrão

**□ can demonstrate 2 counters to Tesoura de Frente**

**□ can demonstrate a counter to Arrastão**

**□ can demonstrate a counter to Agarrão**

**□ knows by name and can perform all of the Level 3 acrobatic movements:**

* Volta por cima
* Au de frente
* Au de costa
* Au de cabeça
* Canivete
* Au encaixada
* Macaco em pé
* Macaco de solo
* S-dobrado

**□ can demonstrate using any acrobatic movement from Fundamentals through Level 3 in a sequence**

**□ can sing a Ladainha**

**□ can play the Samba and Cavalaria rhythms on the berimbau**

**□ can play the Samba rhythm on the drum**

**□ has attended a minimum additional 76 classes (approx. 6-6.5 years training)**