**Fundamentals Advancement Requirements:**Light Green and Dark Green  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Eligible to Advance at Each Batizado. All cord tests are comprehensive, each additional cord is responsible for all previous material in addition to their new requirements.*

**1st Cord: Light Green - Minimum 8 classes***Batizado*

**Movimentação:**Ginga  
Cocorinha  
Esquiva Lateral  
Esquiva Frontal

**Golpes:**Benção  
Meia Lua de Frente  
Martelo  
Queixada  
Armada  
Meia lua de Compasso

**Acrobacías:**Au  
Bananeira

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

**Cultura:**Demonstrate how to safely enter and exit the roda  
Where does capoeira come from? *Brazil / Bahia*  
What language do we use in capoeira? *Portuguese*  
 **2st Cord: Dark Green***minimum 40 additional classes since last cord*

**Movimentação:**Quebrada  
Rolé  
*Can demonstrate using all dodges against all kicks, dodging in the “correct” direction*

**Golpes:**All fundamentals kicks in combinations  
Banda de frente contre martelo  
Vingativa contre armada

**Acrobacías:**Pião de mão  
Macaco  
Au rolé

**Música:**Sing at least two different choruses with clapping, atabaque, and pandeiro

**Cultura:**What does “Volta ao Mundo” mean? How is it used in the roda?  
Portuguese – Greetings: Oi/Tchão, Obrigado/Obrigada, Tudo Bem/Bom? Mais ou menos