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