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**LEVEL 2 Advancement Requirements:**3rd through 7th Cords
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*All requirements are comprehensive and include all requirements for previous cords. Students are eligible to advance every six months through the Yellow Cord.*

**3rd Cord: Light Green/Yellow***Has attended a minimum of 40 classes since last advancement (approx. 6 months)*

**□ Define balanço and demonstrate its use in the ginga**

**□ Know by name and can perform 2 of the 6 golpes in Level 2:**

• chapa

• meia lua solta

• chapeu de couro

• chibata presa

• pisão

• giro armada

 **□ Use vingativa against armada, compasso, or queixada**

**□ Demonstrate at least one counter to vingativa**

**□ Queda de rins**

**□ Know by name and 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

 **□ Sing a solo while clapping hands**

**□ Play the São Bento Grande de Angola rhythm on the berimbau**

**4th Cord: Dark Green/Yellow***Has attended a minimum of 40 classes since last advancement (approx. 6 months)*

**□ Know by name and use esquiva de furamento correctly against a circular kick**

**□ Know by name and perform 4 of the 6 golpes in Level 2:**

• chapa

• meia lua solta

• chapeu de couro

• chibata presa

• pisão

• giro armada

 **□ Knows by name and demonstrate 4 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

 **□ Know by name and perform one (1) of the following quedas against an appropriate attack**

• banda de frente

• banda trançada

• rasteira

• tesoura de costa

 **□ Demonstrate at least 2 different counters to vingativa**

**□ Use queda de rins in a sequence**

**□ ponte**

**□ Sing a solo while playing atabaque**

**□ Sing 2 different choruses while playing the berimbau**

**□ Play the Banguela berimbau rhythm**

**5th Cord: Light Green/Blue***Has attended a minimum of 40 classes since last advancement (approx. 6 months)*

**□ Demonstrate using escapa to dodge armada**

**□ Know by name and all 6 golpes in Level 2:**

• chapa

• meia lua solta

• chapeu de couro

• chibata presa

• pisão

• giro armada

 **□ Know by name and can perform 2 of the of the following quedas against appropriate attacks**

• banda de frente

• banda trançada

• rasteira

• tesoura de costa

 **□ Know by name and can demonstrate 6 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

 **□ Demonstrate at least one counter to banda trançada**

**□ Use queda de rins in 2 different sequences**

**□ Use ponte in a sequence**

**□ Sing a solo while playing pandeiro**

**□ Play the Angola berimbau rhythm**

**□ Participate in workshops and attend at least one batizado event hosted by another school.**

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

**6th Cord: Dark Green/Blue***Has attended a minimum of 40 classes since last advancement (approx. 6 months)*

**□ Demonstrate using escapa to dodge meia lua de compasso**

**□ Know by name and perform all 6 golpes in Level 2 as counter attacks to appropriate kicks:**

• chapa

• meia lua solta

• chapeu de couro

• chibata presa

• pisão

• giro armada

 **□ Know by name and perform three of the following quedas against appropriate attacks**

• banda de frente

• banda trançada

• rasteira

• tesoura de costa

 **□ Know by name and demonstrate 8 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

 **□ Demonstrate at least 2 counters to vingativa**

**□ Demonstrate at least 2 counters to banda trançada**

**□ Use queda de rins in 2 different sequences**

**□ Use ponte in 2 sequences**

**□ Sing a solo while playing the berimbau**

**□ Use the berimbau to control the roda: beginning the music, lowering the verga, tapping out, ending the music.**

**□ Participate in a demonstration or performance of capoeira**

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

**7th Cord: Yellow “Capoeirista”***Has attended a minimum of 40 classes since last advancement (approx. 6 months)*

**□ Demonstrate using escapa to dodge queixada**

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

• chapa

• meia lua solta

• chapeu de couro

• chibata presa

• pisão

• giro armada

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

• vingativa

• banda de frente

• banda trançada

• rasteira

• tesoura de costa

 **□ Know by name and 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

 **□ Demonstrate at least different 2 entradas to vingativa**

**□ Sing a solo while playing the Banguela berimbau rhythm**

**□ Lead the bateria from the berimbau including correcting “wrong” rhythms on the other instruments.**