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**LEVEL 3 Advancement Requirements:**8th – 10th Cords (to Graduado)

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**8th Cord: Light Blue/Yellow***Has attended a minimum of 80 classes since last advancement (approx. 1 year)*

**□ is responsible for all material required for 1st to 7th 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**

**□ knows by name and can perform at least 4 of the 7 new golpes in Level 3:**

* 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**

**□ 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 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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**9th Cord: Dark Blue/Yellow***Has attended a minimum of 80 classes since last advancement (approx. 1 year)*

**□ is responsible for all material required for 1st to 8th cords.**

**□ 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**

**□ 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 meia lua encaixada in a sequence**

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

**□ 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 sing a Maculelê solo while drumming**

**10th Cord: Light Blue / Graduado***Has attended a minimum of 80 classes since last advancement (approx. 1 year.)*

**□ is responsible for all material required for 1st to 9th Cords.**

**□ 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)**

**□ understands the role of the chama in Angola-style capoeira and can initiate and respond to at least one chamada**

**□ 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 a counter 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**