**Logo

Description automatically generatedFundamentals Requirements: 1st through 3rd Cords**All cord tests are comprehensive and include the requirements of all previous cords.  
Students are eligible to advance every six months.

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|  | **1ST Cord: LIGHT GREEN (BATIZADO)** | **2nd Cord: DARK GREEN** | **3rd Cord: LIGHT GREEN/YELLOW** |
| **MOVIMENTAÇÃO** | Ginga  Cocorina Esquiva Frontal  Esquiva Lateral | Quebrada  Rolé | Define balanço. Explain its use in the roda.  All fundamentals esquivas in combinations |
| **GOLPES** | Benção  Meia lua de Frente  Martelo  Queixada | Armada  Meia Lua de Compasso | All fundamentals golpes in combinations |
| **QUEDAS** | *none* | Banda de Frente | Vingativa |
| **ACROBACÍAS** | Au  Bananeira | Au rolé  Queda de rins | Ponte |
| **MÚSICA** | Palma de Bimba  Atabaque | Pandeiro | Start pandeiro and atabaque in time with the berimbau.  Sing chorus to “Capoeira Pé da Serra” while clapping, playing pandeiro, and playing atabaque |
| **CULTURA** | Demonstrate how to safely enter and exit the roda.  Where does capoeira come from? *Brazil/Bahia* | What does “Volta ao Mundo” mean? *Turn Around the World*  How is it used in the roda? | What does “Comprar o Jogo” mean?  *To buy the game*  Demonstrate safely “comprando o jogo.”  Explain the etiquette of buying the game:  *When? How? Who?* |
| **PORTUGUESE** | 3 of the 9 Fundamentals Lessons | 6 of the 9 Fundamentals Lessons | All 9 Fundamentals Lessons |