**Level 2 Requirements: 4th through 6th 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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|  | **4th Cord: DARK GREEN/YELLOW** | **5th Cord: LIGHT GREEN/BLUE** | **6th Cord: DARK GREEN/BLUE** |
| **MOVIMENTAÇÃO** | Esquiva de FuramentoEsquiva da GingaUse queda de rins in a sequence | Giro ArmadaUse ponte in a sequenceEscapa to dodge armada | Giro CompassoEscapa to dodge CompassoUse queda de rins and ponte in a sequence |
| **GOLPES** | ChapaChapeu de CouroArmada Pulada | PisãoChibata PresaChibata SoltaMartelo Rodado | Meia lua SoltaParafusoEscorpião |
| **QUEDAS** | RasteiraDemonstrate a counter to Vingativa | Banda TrançadaDemonstrate a counter to Banda Trançada | Tesoura de CostaCounter Vingativa with Tesoura de Costa |
| **ACROBACÍAS** | Pião de MãoMeia Lua EncaixadaMacaco | Rosca de MãoAmazonas | Au Sem MãoAu Trocado |
| **MÚSICA** | Berimbau toque: São Bento Grande de AngolaSing “Capoeira Pé da Serra” while playing atabaque | Sing a solo while playing pandeiroBerimbau toque: Bangela | Berimba toque: AngolaUse the berimbau to control the roda: beginning the music, lowering the verga, tapping out, ending the music. |
| **CULTURA** | Participate in the workshops and attend a batizado event hosted by another school. | Lead warm-ups in class for 1 month. | Supervised by an instructor, teach the “lesson” portion of a class for 1 month. |
| **PORTUGUESE** | 1 of 8 Level 2/3 Lessons | 2 of 8 Level 2/3 Lessons | 3 of 8 Level 2/3 Lessons |