**Logo

Description automatically generatedLevel 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 Furamento  Esquiva da Ginga  Use queda de rins in a sequence | Giro Armada  Use ponte in a sequence  Escapa to dodge armada | Giro Compasso  Escapa to dodge Compasso  Use queda de rins and ponte in a sequence |
| **GOLPES** | Chapa  Chapeu de Couro Armada Pulada | Pisão  Chibata Presa  Chibata Solta  Martelo Rodado | Meia lua Solta  Parafuso  Escorpião |
| **QUEDAS** | Rasteira  Demonstrate a counter to Vingativa | Banda Trançada  Demonstrate a counter to Banda Trançada | Tesoura de Costa  Counter Vingativa with Tesoura de Costa |
| **ACROBACÍAS** | Pião de Mão  Meia Lua Encaixada  Macaco | Rosca de Mão  Amazonas | Au Sem Mão Au Trocado |
| **MÚSICA** | Berimbau toque: São Bento Grande de Angola  Sing “Capoeira Pé da Serra” while playing atabaque | Sing a solo while playing pandeiro  Berimbau toque: Bangela | Berimba toque: Angola  Use 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 |