**Logo

Description automatically generatedLevel 3 Requirements: 8th and 9th Cords**All cord tests are comprehensive and include the requirements of all previous cords.  
Students with an average 80% attendance rate are eligible to advance every 12 months.

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|  | **8th Cord: YELLOW/LIGHT BLUE** | **9th Cord: YELLOW/DARK BLUE** |
| **MOVIMENTAÇÃO** | 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  Demonstrate 4 banguela style movements and/or sequences that illustrate the characteristics of Intention, Engagement, Malícia, Circular movement | 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.  Play a game in Angola style that demonstrates the movements and etiquette characteristic of the style |
| **GOLPES** | Ponteira  Chapa Giratoria | Cabeçada  Espora/Esporão |
| **QUEDAS** | Paulista  Rasteira de mão  Tesoura de frente | Rasteira encaixada  Banda de costa  Boca de calça  Banda de frente presa/Tronco |
| **ACROBACÍAS** | Volta por cima  Au de frente  Au encaixada  Macaco em pé  Use Macaco in a Sequence | Au de costa  Au de cabeça  Canivete  Use Meia lua Encaixada in a Sequence  Use Amazonas in a Sequence |
| **MÚSICA** | Berimbau toque: Regional de Bimba  Samba Pandeiro  Maculelê Drum Rhythm | Berimbau toque: Iuna  Berimbau toque: Santa Maria  Sing a solo with the Angola toque on berimbau  Sing a solo with the Maculelê drum rhtyhm |
| **PREPARATION FOR GRADUADO** | 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  Lead the warm-ups in a class for 1 month | Team teach a class with a current instructor for 1 month |
| **PORTUGUESE** | 5 of 8 Level 2/3 Lessons | 6 of 8 Level 2/3 Lessons |