



Youth Cord 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.

| | 1 ST Cord: LIGHT GREEN TIPS (BATIZADO) | 2 ND Cord: DARK GREEN TIPS | 3 RD Cord: LIGHT GREEN/YELLOW TIPS |
|---------------------|---|---|---|
| MOVIMENTAÇÃO | Ginga Cocorina | Esquiva Lateral Can dodge the “correct direction” against all fundamentals kicks | Esquiva Frontal |
| GOLPES | Benção Meia lua de Frente Queixada | Martelo Armada | Meia Lua de Compasso |
| ACROBACÍAS | Au | Bananeira | Armada/Au Compasso/Au Queixada/Au |
| MÚSICA | Clap in rhythm with the instruments | Clap while singing the chorus to two different songs | Play the atabaque rhythm |
| CULTURA | <i>Demonstrate how to safely enter and exit the roda.</i> <i>Where does capoeira come from? Brazil/Bahia</i> <i>What language do we use in capoeira? Portuguese</i> | <i>What does “Comprar o Jogo” mean? To buy the game</i> <i>How is it used in the roda?</i> <i>Demonstrate how to Safely “buy the game” in the roda.</i> <i>Identify the colors on the Brazilian flag</i> | <i>Demonstrate a “volta ao mundo” and explain how it is used in the roda.</i> <i>Who is Mestre Bimba?</i> <i>The father of modern-day capoeira</i> <i>Opened the first capoeira academy</i> <i>Developed the Regional style</i> |
| PORTUGUESE | Counting | Colors | Body Parts |