

Capoeira Angola Palmares 2nd Cordel Requirements

Movements

Macaco
Rasteria
Cabecada
Bananeira
Bote
Vingativa
Au Si Mau

Kicks

Chapa
Armada Dupla
Martelo Cruzado
Pisao

Sequences

1. Ginga Au, Esquiva, Rasteria, Ginga
2. Ginga, Meia Lua de compass, Chapa de Costas, Ginga ,
3. Ginga, Armada, Au Sim Mau

Partner Sequences

1. Sequence 1
 - a. Player 1 - Ginga, Martelo, Armada,
 - b. Ginga, Esquiva, Banda de Costa
2. Sequence 2
 - a. Player 1 - Ginga, Mea Lua de Frente, Armada,
 - b. Player 2 – Ginga, Cocorinha, Esquiva, Chapeu de Couro
3. Sequence 3
 - a. Player 1 - Ginga, Armada de Frente, Armada,
 - b. Player 2 – Ginga, Cocorinha, Esquiva, Banda de Frente

- **Play Angola Accompaniment on The Following instruments**
 - Atabaque
 - Pandeiro
- **Give a brief History of Capoeira Angola Palmares.**
- **Explain the significance and meaning of our Symbol**
- **Research Website:**

<http://cangolapalmares.blogspot.com/p/historia.html>

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