

2021/22

CAPOEIRA PROGRAM

GRUPO CAPOEIRAS INC (FORMADO COMPRIDO)



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More pics at www.capoeiras.com



Introduction

Capoeira (Portuguese pronunciation: [kapu'ejre / kapw'ejre]) is an Afro-Brazilian martial art that combines elements of dance, acrobatics and music. It was developed in Brazil at the beginning of the 16th century. It is known for its quick and complex maneuvers, predominantly using power, speed, and leverage across a wide variety of kicks, spins, and other techniques.

Grupo Capoeiras [INC1801443 - Incorporated Association] operates under the definition and purpose: "To provide an opportunity for the people of all age to participate in Capoeira -Afro-Brazilian cultural practice- activities, specially people from cultural and linguistically diverse backgrounds as act with an unique body language".

The Capoeira has been inscribed in 2014 on the Representative List of the Intangible Cultural Heritage of Humanity by the Unesco.

We offer capoeira classes on the Central Coast for all ages. Our program has been designed for students aged 6-50.

Our Program was designed following the Government guidelines and Central Coast Council recommendations to operate as a Covid-19 Safe bussiness. Legend is provided when:

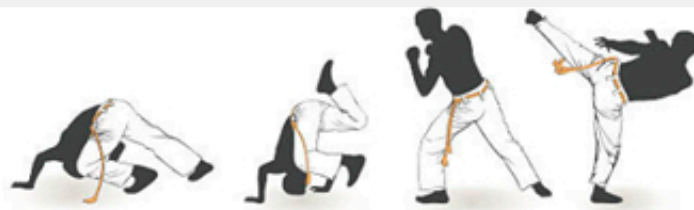
- A block requires live instructions/supervision
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We have been operating through Zoom, Instagram and Telegram as an alternative during the pandemic.



Our web platform is ready to keep a Sign-In Registry, bookings and we are constantly adapting this enviroment to fit our students needs



Advice

This capoeira program have been designed for use with students aged 6–50.

Each block assumes that each student is healthy and has no medical condition, disability, illness, impairment or other reason that may impact, limit or restrict their involvement in sport or other physical activity.

A student should not be allowed to participate in an activity if any medical, physical or other factor indicates that they are not suited to that activity.

Where there are any queries or concerns about such matters, the consent of the student's parent or guardian should be obtained before allowing participation.

While care has been taken in the preparation of these blocks, the publisher and authors do not accept any liability arising from the use of the blocks including, without limitation, from any activities described in the blocks.



Benefits

With the practice of Capoeira and specifically with your athletic training, our goal is to achieve improvement and improvement of motor skills. The maximum success of a physical program for an athlete occurs when he trains well and consistently, accompanying him with small measures in daily life, even outside the gym, such as: not smoking, avoiding alcohol consumption, eating healthy foods (genuine or controlled), sleep at least eight hours per night, etc.



CARDIORESPIRATORY ENDURANCE

The ability of the body's systems to group, process and administer oxygen



MUSCLE RESISTANCE

The ability of the body's systems to process, supply, store and use energy



STRENGTH

The ability of a muscle unit or a combination of muscle units to apply force



FLEXIBILITY

The ability to maximize the arc of movement of a joint.



POWER

The ability of a muscle unit, or a combination of muscle units, to apply maximum force for a minimum amount of



SPEED

The ability to reduce the repetition time of a repeated movement.



COORDINATION

The ability to combine a series of different movements in one movement.



AGILITY

The ability to decrease the transition time from one series of movements to another.



BALANCE

The ability to control the position of the center of gravity of a body in relation to its base of support.



ACCURACY

The ability to control movement in a specific direction or intensity.



PLAYFULNESS

The quality of being light-hearted or full of fun. Be a warrior while living a second childhood.



SOULFULNESS

The capoeira practise is full of joyful and soulfulness. You will for sure improve your body condition, heal your spirit and strength your mind!

Warm Ups

This part of the sessions takes **15-20 minutes**.

Injury prevention is a serious topic in any martial arts associations.

Risking injury for any student, whether they are casual or training for a big fight, isn't worth it at any point. Warming up before getting into rigorous exercise will not only reduce your chances of pulling a muscle, it will also centre and focus your students. This will also reduce the risk of accidents happening due to carelessness, and they will help improve your students' learning experience.

In addition to stretching, martial arts students should perform warm-up exercises in order to loosen their muscles and increase their heart rate. These exercises should take place before starting the regular martial arts training session. Below are a large number of warm-up exercises with videos and instructions that you can use in your dojo or martial arts school.

Warming up may help prepare your body for aerobic activity. Warming up gradually revs up your cardiovascular system, increases blood flow to your muscles and raises your body temperature. Jumping into an aerobic workout without preparing your body could lead to such problems as muscle strain or injury.

Our warm-up consist of all of the following:

- 1) cardiovascular (heart and blood vessels);
- 2) stretching; and
- 3) sport-specific activities (light kicking and punching)

Usually, exercises such as jumping jacks, rope skipping, jogging in place, etc. are used for the cardiovascular effects and to raise the body temperature. A passive approach to raising the body temperature would be to apply heat of some type to the body and more specifically to the major muscle groups. This is followed by static stretching.

Then some light activity-specific work.

One key element that makes our warm-up much more effective than the standard western approach is the focus and relaxation applied to moving the body gently through various angles. This results in not just warming the body up but also in effect bringing more joints into play in the process. More joints produces increased circulation in more places. The goal is for your whole body to become loose, not just certain areas or positions.





PHYSICAL ROUTINE

WARM UP 15-20 minutes

Standardized warm-up and body development routine.

BLOCK PHYSICS 30-35 minutes

Conceptualization/Introduction

Basic Movements - Ginga and Esquiva
Golpes Direitos - Benção
Golpes Giratorios - Armada
Golpes Traumaticos - Meia lua de frente

Techniques - Vingativa

Basic Combinations - Ginga and Esquiva

Acrobatics - definition and student test

JOGO (COUPLES) 5 minutes

RODA (EVERYONE) 5-10 minutes

KNOWLEDGE & Theory

BLOCK MUSIC & SONGS

Conceptualization/Introduction

Berimbau Rythms
• Angola

• Sao Bento Grande de Angola

Song Types
• Quadras

Play the Pandeiro

BLOCK KNOWLEDGE




Capoeira History

RESEARCH MOTIVATION

Physical qualities that benefit the capoeira practise



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Month 02/08



PHYSICAL

ROUTINE

WARM UP 15-20 minutes

Standardized warm-up and body development routine.

BLOCK PHYSICS 30-35 minutes

Basic Movements - Ginga + Negativa

Golpes Direitos - Ponteira

Golpes Giratorios - Chivata

Golpes Traumaticos - Queixada

Techniques - Banda de costas

Basic Combinations - Negativa + esquiva lateral

Acrobatics - Bananeira



JOGO (COUPLES) 5 minutes

RODA (EVERYONE) 5-10 minutes

KNOWLEDGE & Theory



BLOCK MUSIC & SONGS

Berimbau Rythms

- Angola
- Sao Bento Grande de Angola

Song Types

- Quadras

Singing while playing the pandeiro



BLOCK KNOWLEDGE




The Capoeira Masters

RESEARCH MOTIVATION

Formal and informal roda "rules" and "goals".



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Month 03/08



PHYSICAL

ROUTINE

WARM UP 15-20 minutes

Standardized warm-up and body development routine.

BLOCK PHYSICS 30-35 minutes

Basic Movements - Ginga + Rolé

Golpes Direitos - Martelo

Golpes Giratorios - Armada dupla

Golpes Traumaticos - Queixada Baixa

Techniques - Banda traçada

Basic Combinations - Negativa + Rolé

Acrobatics - Queda de rins + Queda de tres

JOGO (COUPLES) 5 minutes

RODA (EVERYONE) 5-10 minutes

KNOWLEDGE & Theory



BLOCK MUSIC & SONGS

Berimbau Rythms

- luna
- Sao Bento Grande de Regional

Song Types

- Ladainhas

Play the Atabaque



BLOCK KNOWLEDGE




Capoeira Groups and Capoeiristas Types.

RESEARCH MOTIVATION

Short Introduction to Slavery & Capoeira



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Month 04/08



PHYSICAL ROUTINE

WARM UP 15-20 minutes

Standardized warm-up and body development routine.

BLOCK PHYSICS 30-35 minutes

Basic Movements - Ginga + Aú
Golpes Direitos - Chapa
Golpes Giratorios - Martelo voador
Golpes Traumaticos - Queixada saindo da atrás

Techniques - Tesoura de frente

Basic Combinations - Aú + negativa + rolé

Advanced Movements - Fazer um jogo de floreio

Acrobatics - Aú batido

JOGO (COUPLES) 5 minutes

RODA (EVERYONE) 5-10 minutes

KNOWLEDGE & Theory



BLOCK MUSIC & SONGS

Berimbau Rythms

- luna
- Sao Bento Grande de Regional

Song Types

- Ladainhas

Singing while playing the Atabaque



BLOCK KNOWLEDGE




Capoeira in the Social Networks

RESEARCH MOTIVATION

Rol of the non-formal educational organizations in children education



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Month 05/08



PHYSICAL ROUTINE

WARM UP 15-20 minutes

Standardized warm-up and body development routine.

BLOCK PHYSICS 30-35 minutes

Basic Movements - Ginga + Rasteira
Golpes Traumaticos - Gancho
Golpes Giratorios - Martelo cruzado
Techniques - Crucifixo

Basic Combinations - Rasteira + negativa + rolé

Contra-technique - Armada + troca de pe + martelo

Sequencias de Mestre Bimba

Acrobatics - Aú sem mao

JOGO (COUPLES) 5 minutes

RODA (EVERYONE) 5-10 minutes

KNOWLEDGE & Theory



BLOCK MUSIC & SONGS

Berimbau Rythms
• Banguela
• Samba de roda

Song Types
• Chulas

Play o Reco-reco



BLOCK KNOWLEDGE






Capoeira Angola and its Mestres

RESEARCH MOTIVATION

Áfrican Culture & Music



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Month 06/08



PHYSICAL

ROUTINE

WARM UP 15-20 minutes

Standardized warm-up and body development routine.

BLOCK PHYSICS 30-35 minutes

Basic Movements - Ginga + Aú com uma mao
Golpes Traumaticos - Meia lua de compasso
Golpes Giratorios - Rabo de arraia

Techniques - Tesoura de costas

Basic Combinations - Negativa se afastando + aú

Contra-Techniques - Meia lua de compasso - contra

Jogo de Floreio

Acrobatics - Aú Santo Amaro

JOGO (COUPLES) 5 minutes

RODA (EVERYONE) 5-10 minutes

KNOWLEDGE & Theory



BLOCK MUSIC & SONGS

Berimbau Rythms

- Banguela
- Samba de roda

Song Types

- Chulas

Sing while playing the Reco-reco



BLOCK KNOWLEDGE




Capoeira Regional and its Mestres

RESEARCH MOTIVATION

The development of capoeira diachronically
Other martial arts review



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Month 07/08



PHYSICAL ROUTINE

WARM UP 15-20 minutes

Standardized warm-up and body development routine.

BLOCK PHYSICS 30-35 minutes

Basic Movements - Ginga

Spinning Kicks - Chapa giratoria

Technique - Desequilibrante

Basic Combinations - Rasteira + aú

Advanced Mov. Contra-Technique:
Armada - Martelo contra - Crucifixo

Acrobacias - Macaco

JOGO (COUPLES) 5 minutes

RODA (EVERYONE) 5-10 minutes

KNOWLEDGE & Theory



BLOCK MUSIC & SONGS

Berimbau Rythms:

Cavalaria

Jogo de dentro

Santa María

Song Types

Corridos

Play the Agogô



KNOWLEDGE BLOCK

Physical Education and Sport, objectives

RESEARCH MOTIVATION




The importance of curricular training on sports

INTRODUCTION

Maculele e Samba de Roda (Folklore)



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Month 08/08



PHYSICAL

ROUTINE

WARM UP 15-20 minutes

Standardized warm-up and body development routine.

BLOCK PHYSICS 30-35 minutes

Ginga - Summary

Basic Combinations: Armada Dupla + Armada

Contratechniques: Meia Lua de Compasso + Rasteira

Acrobatics: Parafuso and Flip/Flap (Backflip)

Cintura Despreçada (Regional) e Jogo de luna



JOGO (COUPLES) 5 minutes

RODA (EVERYONE) 5-10 minutes

KNOWLEDGE & Theory



BLOCK MUSIC & SONGS

Berimbau Rythms:

Cavalaria

Jogo de dentro

Santa María

Song Types

Corridos

Play the Agogô + sing at the same time



KNOWLEDGE BLOCK

Capoeira adaptations for 2020 Pandemic




RESEARCH MOTIVATION

Martiality and Education, the Mastering the

Martial Life Art



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Our aim is contribute, not make money.

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FREE**

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between the
first/last booking

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required

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location/s

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after 1st month

Can alternate
months

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1st month for
everyone.

Do you wonder
why? [Here is the
answer](#)

[Uniform: \\$75](#)

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\$ **35** /one time

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All membership
benefits

Vouchers available

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Active and Creative Kids
Vouchers](#)

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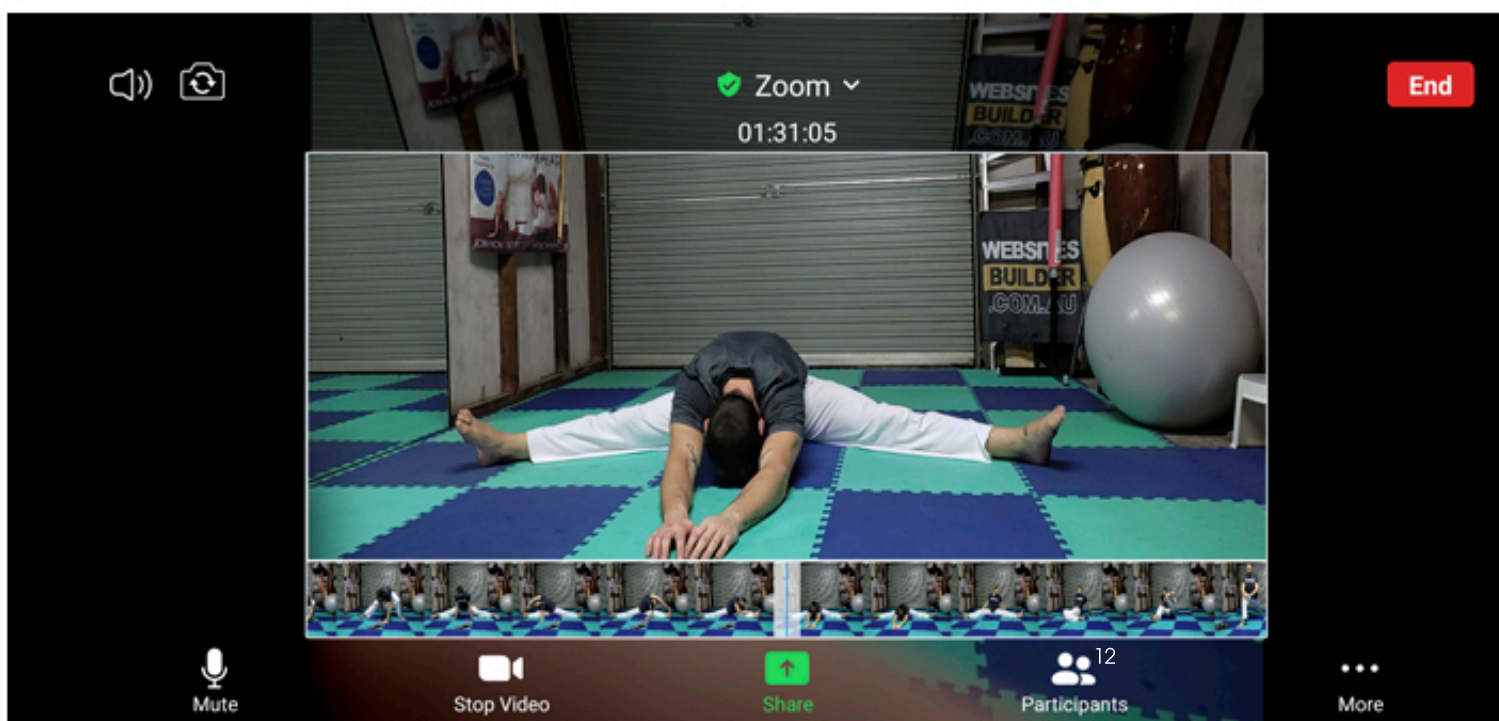
Live Streaming Classrooms available since pandemic



Online education has never been more important than it is today. The ability to learn online gives more flexibility to both educators and students.

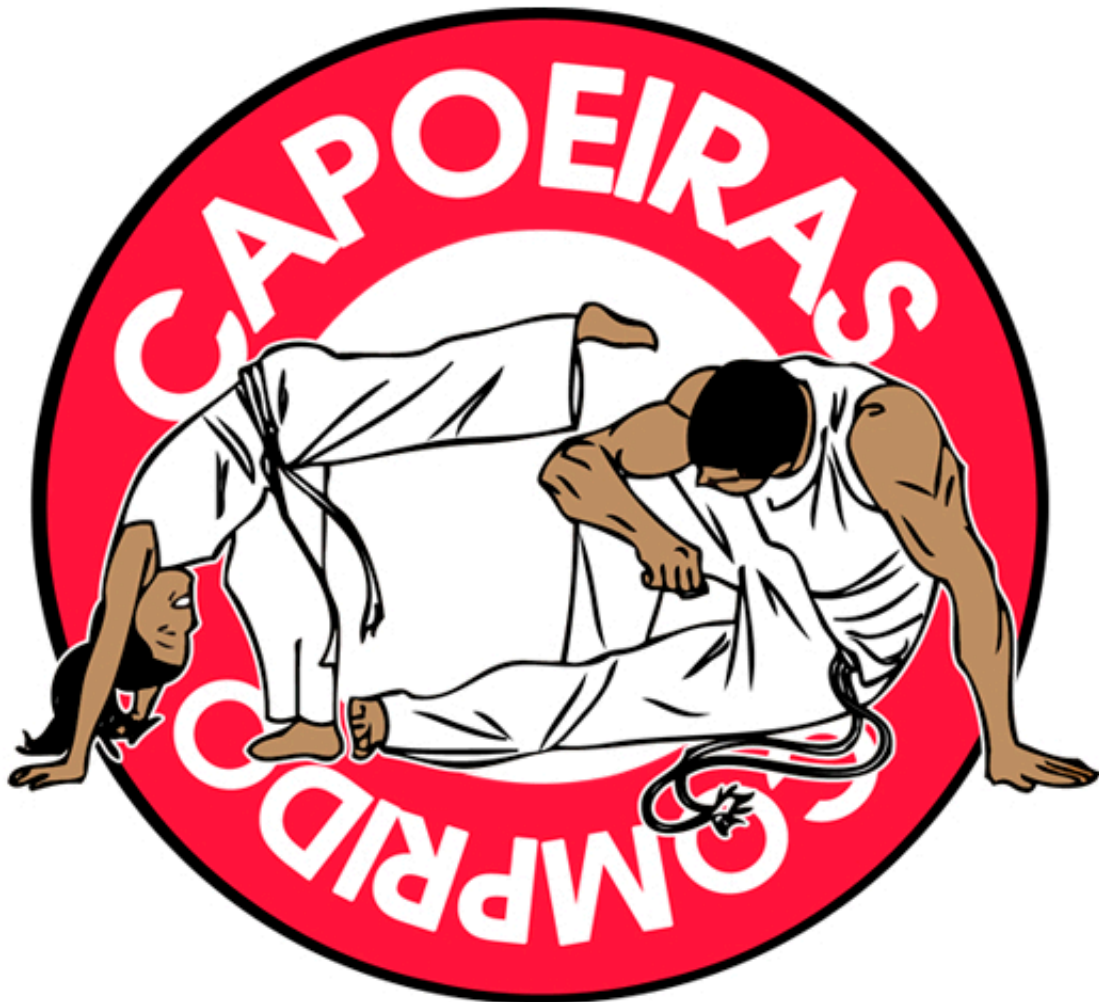
While pandemics are not the typical cause for venues emergency closures, the need for live streaming classrooms and online education solutions has made itself known in the past year since the coronavirus has made its way around the world. Digital distant learning would also be useful during blizzards, hurricanes, and other natural crises.

The internet and live streaming have been key players in the accessibility of online education.



zoom





Central Coast NSW, Australia.

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