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martial art. Designed for all ages and all levels of experience, the book is a step-by-step training manual with photographs that guide users through every movement and sequence.

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up basic beginning bend blood body
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Cardio chest close cocorinha squats
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Accompanying text gives special pointers and describes the fitness benefits of each individual technique. Capoeira Conditioning offers no-frills advice about nutrition, regularity of training, capoeira in relation to other sports, and capoeira conditioning for children, along with a simple Q&A

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Capoeira 100 is an illustrated guide to 100 essential techniques used in the art of capoeira. Each movement is accompanied by a series of color photographs that show how it is done, as well as helpful pointers and tips on

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How to apply the technique in the game of capoeira. The book is divided into sections for beginner, intermediate and advanced movements. Groundwork, kicks, escapes, "floreios," flying kicks, and acrobatic movements are all covered. Capoeira 100 is unique among English-language capoeira

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books in that it is illustrated by full-color photographs, and it focuses 100% on technique. Sequences of movements, drills, games, and conditioning exercises give the reader a chance to practice capoeira workouts at least a hundred times without ever repeating the same

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routine twice. These exercises can be done alone, and many can be done with a partner to create the real conditions of the game. Rather than being theoretical, all the information and instruction in this book are geared toward functional use, so that students can train at their optimal pace.

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Specificity of Movements and
exercises are structured to help
readers achieve steady improvement
of capoeira skills. Additionally, the
author provides encouragement and
no-nonsense advice, based on his 10+
years experience as a capoeira
instructor and nearly 20 years as a

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player. Readers not affiliated with a capoeira club will find information about the capoeira game, and advice on etiquette and strategies of play.

By Tony Gilbert 2005
Paperback

The glossary of 100 terms helps new players understand Portuguese descriptions used in Brazil. A question-and-answer section at the end of the

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By Taylor Cole | 2005
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book addresses some of the most frequently asked enquiries about this fascinating sport. This is an indispensable manual for those who have been searching for a concise "how-to" guide to capoeira techniques, and who are already connected with a capoeira group or teacher. It will be of

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interest as well to freestyle martial artists, dancers, actors, and others who increasingly look to capoeira for its inspiring and exciting techniques.

By Taylor Gerard 2005

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Capoeira is simultaneously a dance, a fight, and a game. Created by the Africans brought to Brazil as slaves

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beginning in 1500, capoeira was forbidden by law but survived underground. When open practice was allowed in the 1930s it soon became very popular. Capoeira came to America around 1975, and has become widely recognized by dancers and martial artists. The author

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discusses capoeira's evolution from Brazilian street play into a way of life.

The philosophy of capoeira, and the practical and spiritual benefits of this philosophy, are also discussed.

Instructions and exercises in intermediate and advanced skills take up where the author's previous book

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Using Capoeira Movements

By Taylor Deem 2005
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A look at the history, techniques, and
uses of capoeira, a martial art/dance
form that originated with African slaves
in Brazil.

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"Nestor presents capoeira's unique street-smart inner philosophy--a form of 'body knowledge' that develops through practice and overflows into the apprentice's way of dealing with people, the world, and life itself"--Provided by publisher.

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The presence of African influence and tradition in the Americas has long been recognized in art, music, language, agriculture, and religion. T. J. Desch-Obi explores another cultural continuity that is as old as eighteenth-century slave settlements in South America and as contemporary as hip-

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hop culture. In this thorough survey of the history of African martial arts techniques, Desch-Obi maps the translation of numerous physical combat techniques across three continents and several centuries to illustrate how these practices evolved over time and are still recognizable in

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Some of these art traditions were part of African military training while others were for self-defense and spiritual discipline. Grounded in historical and cultural anthropological methodologies, Desch-Obi's investigation traces the influence of well-delineated African traditions on

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long-observed but misunderstood African and African American cultural activities in North America, Brazil, and the Caribbean. He links the Brazilian martial art capoeira to reports of slave activities recorded in colonial and antebellum North America. Likewise Desch-Obi connects images of the

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kalenda African stick-fighting techniques to the Haitian Revolution. Throughout the study Desch-Obi examines the ties between physical mastery of these arts and changing perceptions of honor. Including forty-five illustrations, this rich history of the arrival and dissemination of African

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martial arts in the Atlantic world offers a new vantage for furthering our understanding of the powerful influence of enslaved populations on our collective social history.

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and origins, Essential Capoeira
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Capoeira Angola techniques and gives
an introductory explanation of The
Game, the hierarchy within capoeira,
the mestres, and the grading
system"--Provided by publisher.

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Capoeira evolved as a Brazilian martial art developed initially by that country's African slaves. Marked by deft, deceptive movements played on

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Strength or completely inverted, the form started gaining worldwide popularity in the early 20th century, when this second volume of Gerard Taylor's wide-ranging history begins. The book opens with a study of the capoeira "Bamba," Mestre Bimba, who became renowned as a fighting

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champion in Bahia and opened the first legal academy during the dictatorship of Getulio Vargas. Taylor investigates the dramatic development of the schism that resulted in the competing styles of Regional and Angola. Moving into contemporary capoeira, the author provides an

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overview of new trends, such as international encounters, long distance “mail-order mestres,” mass membership capoeira associations, cyber-capoeira, and grading systems. The book features the wisdom of a number of important mestres recounting their experiences teaching

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Strength Agility Around the world. In frank, inspiring interviews they talk about the highs and lows of the capoeira life, and how its lessons can enrich people's lives.

Photographs, illustrations, and an extensive glossary of terms illuminate the complex history of this fighting art.

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