

# Capoeira Narahari Syllabus

## Green Belt (level 1)

<u>Movement</u>	<u>Pronunciation (in Brazilian Portuguese)</u>
<b>Ginga</b> Basic moving base/stance in capoeira.	"jin - gah"
<b>Armada</b> Front circular kick, from outside in.	"arm - ah - dah"
<b>Negativa</b> Escape by stepping back and lowering down (surfer position).	"neg - ah - chee - vah"
<b>Rolê</b> Roll, used to escape/travel facing opponent, usually do negativa first (monkey roll)	"ho - lay"
<b>Martelo</b> Kick from the floor, perform negativa first and kick with bent leg.	"mahr - tell - oh"
<b>Chapa</b> Flat foot kick from floor. Do negativa first, then [role + chapa] or [martelo + chapa].	"shah - pah"
<b>Aú</b> Cartwheel, keep your eyes on your partner. Use to travel or escape.	"ah - oo"
<b>Armada Inversa</b> Step forward diagonally, twist torso, slide the back leg forward while kicking the front leg.	"arm - ah - dah in - vehr - sah"
<b>Benção</b> Front kick with your foot flat against your target, push rather than flick.	"ben - sao" (nasal "a")
<b>Resistência</b> Duck your head, protect your side with your elbow.	"heh - zi - sten - seeya"
<b>Queda de quatro</b> On all fours, bottom to the ground, like a crab.	"kay - da ji kwa - throw"

Instruments

Pronunciation (in Brazilian Portuguese)

**Berimbau**

"beh - rim - bao"

A single wire held between two ends of a large bowed stick. Gourd as a resonator.

**Pandeiro**

"pahn - day - row"

Similar to a tambourine with a skin head

**Atabaque**

"ah - tah - bah - kee"

Large drum, similar role as conga drums

**Agogô**

"ah - go - GO"

Double bell

**Reco-reco**

"hecku - hecku"

Scraper

**Palmas**

"pow - mahs"

Clapping hands



BERIMBAU



PANDEIRO



AGOGÔ



RECO-RECO



ATABAQUE



