

Capoeira Narahari Syllabus

Green-Yellow (Level 1.5)

Movement

Pronunciation (in Brazilian Portuguese)

Rasteira

“ha - shtey - rah”

Sweep or pull opponent's leg using your own foot

Rasteira e Chapa

“ha - shtey - rah - ee - shah - pah”

Complete the sweep (as above), return to rolê position, transfer weight to leg that just finished rasteira, follow-up with chapa with opposite leg

Benção Pulada

“ben - sou - poo - lah - dah”

Jumping benção (front kick, foot flat against target), starting from linear base

Aú de Rolê

“ah - oo - djee - ho - lay”

Forward-facing cartwheel, landing in negativa

Meia-lua

“may - ah - loo - ah”

Back foot rotates towards opponent (in front of you) with heel leading, while opposite hand reaches for where that foot just left the ground. Practice “airplane” balance and rotation on one leg before attempting this movement.

Martelo em Pé

“mahr - tell - oh - ehn - peh”

AKA roundhouse kick; be sure to rotate base leg so heel faces opponent

Esporão

“ess - poh - rou”

Footwork like martelo em pé, but pull heel back (hook) at the peak of the kick

Armada Girando

“arm - ah - dah - jee - rahn - doh”

Spinning armada. Step across the body, spin hips around, hands up to protect face, “release” kicking leg so arc peaks near opponent's face

Cocorinha

“co - co - reen - nya”

Squat with feet parallel, arms up to protect the face

Bananeirinha

“ba - na - ney - reen - ya”

Support torso with inside elbow and head, knees resting on outer supporting elbow. Can tuck or split the legs, while stable.

Capoeira Narahari Syllabus

Green-Yellow (Level 2)

Movement

Pronunciation (in Brazilian Portuguese)

Duble-Esse

“doo - bli - essy”

Start in negativa, whip straight leg in half circle (small sweep) cross the body, and kick into the air straight back across while inverting your body, hands reaching for the floor, land standing up

Esse-Dobrado

“essy - doh - brah - doh”

Start in negativa, whip straight leg in half circle (small sweep) cross the body, and kick into the air straight back across while inverting your body, hands reaching for the floor, land in negativa with kicking leg straight out

Pisão Lateral

“pee - zaow - lah - tey - ral”

Start in linear base, use back foot to kick flat against target, toes pointed inwards

Meia-Lua de Compasso

“may - ah - loo - ah - djee - come - pah - so”

Start in diagonal base, launch body diagonally forward, starting front foot heel will strike like a meia-lua as body inverts in the air, land in negativa

Chapa de Giro

“shah - pah - djee - jee - roo”

Spinning kick from ground like meia-lua, but using a chapa rather than heel kick

Aú de Agulha

“ah - oo - djee - ah - gool - ya”

AKA roundoff. Cartwheel forward, but landing facing backwards.

Bananeira

“bah - na - ney - rah”

AKA handstand

Rasteira e Queda de Rins

“ha - shtey - rah - ee - kay - dah - djee - heens”

Sweep followed by forward moving bananeirinha (torso touches elbow/tricep), strike with heel of sweeping leg, land in negativa

Coice de Mula

“coy - see - djee - moo - lah”

While moving in rolê, stopping while two feet are parallel, jump with both feet and kick straight out like a donkey, land on one foot to finish rolê with second foot behind you

Chapa Giratória

“shah - pah - jee - rah - toh - ree - ah”

Footwork begins like armada girando, but as leg raises, spot target and strike with sole of foot (toes pointed 180° horizontal)