



Capoeira Narahari

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(VI) CORDEL 2 AMARELOS E 1 AZUL
"2 Yellows & 1 Blue Cord"

Name: _____

Date: _____

GOLPES: Movements

	Right	Left
Negativa de Angôla	_____	_____
Meia lua prêsa	_____	_____
Rabo de arraia amarrado	_____	_____
Chibata prêsa	_____	_____
Chapel de couro	_____	_____
Ponteira	_____	_____
Encruzilhada	_____	_____
Rasteira em pé.....	_____	_____
Passa pé	_____	_____
Faca de ponta	_____	_____
 Total	 _____	 _____

SONGS:

Preta velha	_____
Corda sim barbante não	_____
Jaya Sri Krishna Caitanya	_____

RHYTHMS:

Berimbau - Cavalaria	_____
Pandeiro - Samba & Pagode	_____
Agogô - Barravento clave & Ijexá	_____
Atabaque - Barravento (Rumpi)	_____
Harmonium - Basic techniques	_____

Examiner: _____

Signature: _____