



Capoeira Narahari

53 Shorebreeze Ct. East Palo Alto, Ca. 94303 (650) 224-9383
www.brazivedas.com



हरे कृष्ण हरे कृष्ण कृष्ण कृष्ण हरे हरे हरे राम हरे राम राम राम हरे हरे

(I) CORDEL VERDE
"Green Cord"

Name: _____

Date: _____

GOLPES: Movements

	Right	Left
Ginga.....	_____	_____
Armada.....	_____	_____
Negative	_____	_____
Negativa, Martelo	_____	_____
Negativa, Martelo e Chapa.....	_____	_____
Aú.....	_____	_____
Armada inversa.....	_____	_____
Benção.....	_____	_____
Resistência.....	_____	_____
Queda de quatro.....	_____	_____
Rolê		
Total.....	_____	_____

SONGS:

Coisa Boa Eu Vi.....	_____
Sri Nrsimhadeva song.....	_____
I am in Kindergarten.....	_____

RHYTHMS:

Berimbau - Angola.....	_____
Pandeiro - slow Capoeira.....	_____
Agogô - Capoeira.....	_____
Atabaque - Capoeira.....	_____
Palmas - Angola.....	_____

Examiner: _____

Signature: _____