

The Little Capoeira Book

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As "The Little Capoeira Book" explains -- Capoeira is coming from a rich Africa-to-Brazil history, involving under-class folks who needed and wanted a way to survive and thrive via their ancestral skills -- in newer country to urban locales in Brazil. So it does appear as a "Dance" -- but does include some hard-core self-defense as good as any.

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Capoeira, Nestor ...

The Little Capoeira Book's clear descriptions of the game, or jogo, explain the actual application of capoeira, vaguely similar to sparring but very different in purpose and style. The music of capoeira, which is played during all jogo, is also examined, along with its main instrument, the berimbau.

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Nestor Capoeira, Alex Ladd (Translator) 4.04
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The book starts off by giving an in-depth history of the Brazilian art of Capoeira. The last half of the book deals with the movements and techniques of Capoeira, including: offensive and defensive movements, basic kicks, takedowns, advanced kicks and movements, head butts, hand strikes, and knee and elbow strikes.

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Doc # The Little Capoeira Book (2nd Revised edition ...

This book, (Capoeira, roots of the dance-fight-game) is fantastically full of useful information for a capoeirist to have and know. It touches on explanations of capoeira, and the different parts in capoeira (The game, the making of a mestre e.t.c) the instruments, and their significance. The History of capoeira, and old or former mestres (Masters).

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