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The Little Capoeira Book

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The Little Capoeira Book, Revised Edition: Capoeira ...

The Little Capoeira Book. 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.

The Little Capoeira Book by Nestor Capoeira

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.

The Little Capoeira Book by Nestor Capoeira, Paperback ...

The little capoeira book. by. Nestor Capoeira. Publication date. 1995. Topics. Capoeira (Dance) Publisher. North Atlantic Books.

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So I am sharing this good Capoeira Ebook: The Little Capoeira Book by the famous Nestor Capoeira to help you guys understand better about Capoeira. Nestor Capoeira gained his title as a Mestre from Grupo Senzala, in this book he also explained a lot about the history of Grupo Senzala.

(Ebook)The Little Capoeira Book by Nestor Capoeira ...

Synopsis In this best-selling capoeira title, now branded as a Blue Snake Book, Nestor Capoeira starts off with an in-depth history of the Brazilian art, giving the most popular theories for the origins and purposes of this movement that combines the grace of dance with lethal self-defence techniques in a unique game-song structure.

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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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Nestor Capoeira, a long-time teacher of capoeira and noted mestre (master), begins this revised edition of his bestseller with an in-depth history of the Brazilian art, giving the most popular theories for the origins and purposes of this movement that combines the grace of dance with lethal self-defense techniques in a unique game-song structure.

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