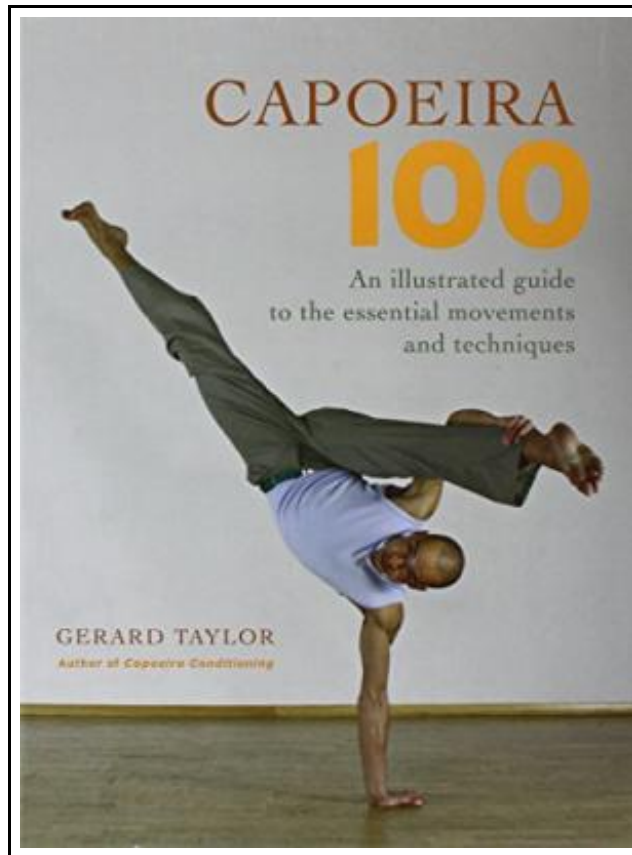


## Capoeira 100: An Illustrated Guide to the Essential Movements and Techniques (Paperback)



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## CAPOEIRA 100: AN ILLUSTRATED GUIDE TO THE ESSENTIAL MOVEMENTS AND TECHNIQUES (PAPERBACK)




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Frog Ltd, United States, 2007. Paperback. Book Condition: New. 262 x 196 mm. Language: English . Brand New Book. Capoeira 100 is an illustrated guide to 100 essential techniques used in the art of capoeira. Each movement is accompanied by a series of color photographs that show how it is done, as well as helpful pointers and tips on how to apply the technique in the game of capoeira. The book is divided into sections for beginner, intermediate and advanced movements. Ground-work, kicks, escapes, floreios, flying kicks, and acrobatic movements are all covered. Capoeira 100 is unique among English-language capoeira books in that it is illustrated by full-color photographs, and it focuses 100 on technique. Sequences of movements, drills, games, and conditioning exercises give the reader a chance to practice capoeira workouts at least a hundred times without ever repeating the same routine twice. These exercises can be done alone, and many can be done with a partner to create the real conditions of the game. Rather than being theoretical, all the information and instruction in this book are geared toward functional use, so that students can train at their optimal pace. Specificity of movements and exercises are structured to help readers achieve steady improvement of capoeira skills. Additionally, the author provides encouragement and no-nonsense advice, based on his 10+ years experience as a capoeira instructor and nearly 20 years as a player. Readers not affiliated with a capoeira club will find information about the capoeira game, and advice on etiquette and strategies of play. The glossary of 100 terms helps new players understand Portuguese descriptions used in Brazil. A question-and-answer section at the end of the book addresses some of the most frequently asked enquiries about this fascinating sport. This is an indispensable manual for those who have been searching for a...

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