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# CAPOEIRA NARAHARI

53 Shorebreeze Ct. East Palo Alto, Ca, 94303 (650) 248-1862 - www.brazilca.com

## (VI) CORDEL 2 AMARELO & AZUL

*"2 yellow & blue Cord"*

STUDENT: \_\_\_\_\_

GOLPES: *Movements*

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 .....	

Examiner: \_\_\_\_\_

Signature: \_\_\_\_\_



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## (VII) CORDEL AMARELO & AZUL

"yellow & Blue Cord"

STUDENT:

GOLPES: *Movements*

Aú batido.....	
Aú de circo.....	
Aú de mestre.....	
Tesoura.....	
Escala.....	
Aú sem mão.....	
Macaco direto.....	
Parafuso.....	
Pião de cabeça.....	
Cabeçada.....	
Total .....	

Examiner: \_\_\_\_\_

Signature: \_\_\_\_\_



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## (VIII) CORDEL AMARELO E 2 AZUL

*"yellow & 2 blue Cord"*

STUDENT:

GOLPES: *Movements*

Joelhada.....	
Tapôna.....	
Banda.....	
Aú de costa.....	
Banda de costa.....	
Banda de letra.....	
Macaco lateral.....	
Russo.....	
Galopante.....	
Rabo chinês.....	
Total .....	

Examiner: \_\_\_\_\_

Signature: \_\_\_\_\_