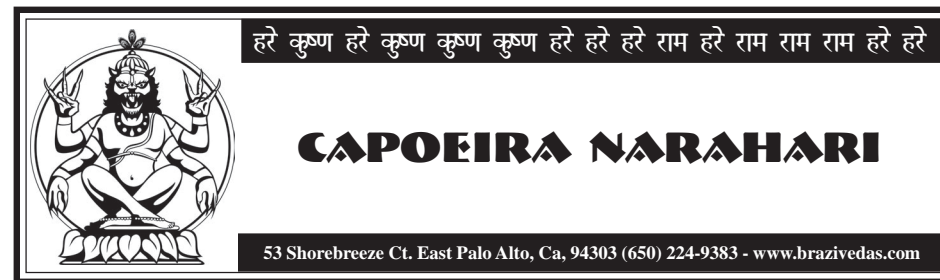


Capoeira Narahari Curriculum

Cordel Verde

- 1) 10 movements Page (I)
 - a. Understanding the movements
- 2) Application and combinations of the movements
- 3) Strengthening, flexibility, and balance specific to the movements
- 4) Songs
 - a. Coisa Boa Eu Vi
 - b. Narahari Song
 - c. Kindergarten Song
- 5) Rhythms
 - a. Berimbau rhythms:
 - i. Angola
 - b. Pandeiro rhythms:
 - i. Capoeira (slow)
 - c. Agogo rhythms:
 - i. Capoeira
 - d. Atabaque rhythms:
 - i. Capoeira
 - e. Palmas rhythms:
 - i. Angola



Capoeira Narahari Curriculum

Cordel Verde, Amarelo

- 1) 20 movements Page (II & III)
 - a. Understanding the movements
- 2) Application and combinations of the movements
- 3) Strengthening, flexibility, and balance specific to the movements
- 4) Songs
 - a. O Banzo
 - b. Vem Brincar Comigo
 - c. Mente / Como no Brasil
- 5) Rhythms
 - a. Berimbau rhythms:
 - i. Coordenação Narahari
 - ii. Angola Estilizada
 - iii. São Bento Grande
 - b. Pandeiro rhythms:
 - i. Capoeira (fast)
 - ii. Capoeira (medium)
 - iii. Coordenação Narahari
 - iv. Angola Estilizada
 - c. Agogo rhythms:
 - i. Clave (Congo)
 - ii. São Bento Grande
 - d. Atabaque rhythms:
 - i. Coordenação Narahari
 - ii. Angola Estilizada
 - iii. Congo in 2 parts
 - e. Palmas rhythms:
 - i. São Bento Grande
 - f. Kartalo rhythm
 - g. Basic Portuguese (basic word expressions)