



हरे कुष्ण हरे कुष्ण कुष्ण कुष्ण हरे हरे हरे राम हरे राम राम राम हरे हरे

CAPOEIRA NARAHARI

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

(II) CORDEL 2 VERDE E AMARELO

"2 Green & yellow Cord"

STUDENT:

GOLPES: *Movements*

Rasteira.....	
Rastera e chapa.....	
Benção pulada.....	
Aú de rolê.....	
Meia lua.....	
Martelo em pé.....	
Esporão.....	
Armada girando.....	
Cocorinha.....	
Bananeirinha.....	
Total	

Examiner: _____

Signature: _____



हरे कुष्ण हरे कुष्ण कुष्ण कुष्ण हरे हरे हरे राम हरे राम राम राम हरे हरे

CAPOEIRA NARAHARI

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(III) CORDEL VERDE E AMARELO

"Green & yellow Cord"

STUDENT: _____

GOLPES: *Movements*

Duble "S".....	
"S" dobrado.....	
Pisão lateral.....	
Meia lua de compasso.....	
Chapa de giro.....	
Aú de agulha.....	
Bananeira.....	
Rasteira e queda de rins.....	
Coice de mula.....	
Chapa giratória.....	
Total	

Examiner: _____

Signature: _____