

The Little Capoeira Book

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The Little Capoeira Book, Revised Edition: Capoeira ...
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 ultimate capoeira book collection: Part 1 | The Open ...
"The Little Capoeira Book" is one of the best Capoeira books out there, for its size, it is the best. Nestor Capoeira is able to condense a whole martial art and dance culture into a relatively small book.

The Little Capoeira Book
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
description: This book is great if you 've read an introductory book on capoeira (like The Little Capoeira Book) and you want to dive deeper into the history of the art. Some theories that are explained in the book have become outdated, but nonetheless it still serves as a great starting point to learn more about the history and evolvement of capoeira.

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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.

The Little Capoeira Book by Nestor Capoeira, Paperback ...
The little Capoeira book is a great introduction for anyone interested in the art. This book does a great job at breaking down some of the fundamentals of Capoeira. This book is very beginner friendly and meant to be a guide to start learning the art of Capoeira.

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About The Little Capoeira Book, Revised Edition. 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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