

KIDS CORD TEST STUDY GUIDE

YOUTH CORD AGES 3 - 6

CANDEIAS CAPOEIRA YOUTH CORD SYSTEM

AGES 3 - 6



BASIC CAPOEIRA / PORTUGUESE KNOWLEDGE

FOR AGES 5 - 6 ONLY

Where is Capoeira from originally? Brazil.

What language do they speak in Brazil? Portuguese.

About how old is Capoeira? About 500 years old.

What is the REAL name of your teacher? Jen.

What is your teacher's Capoeira nickname? Professora Agua-viva.

What is your teacher's teacher's name? Mestre Fenix.

What is our Capoeira Group's name? Candeias Capoeira.

How do you say 'hi' in Portuguese? Oi.

How do you say 'good morning'? Bom dia.

How do you say 'good afternoon'? Boa tarde.

How do you say 'thank you'? Obrigada / Obrigado.

YOUTH GREY CORD REQUIREMENTS:

FOR AGES 5 - 6 ONLY

Know basic movements:

Movement Basics: Ginga, guarda, negativa, role, au, bananeira

Basic Kicks: meia lua de frente, benção, meia lua de frente armada, martelo, quexada

Esquivas: cocorinha, de frente

View video breakdowns of basic movements: <https://www.westseattlecapoeira.com/basicmovements>

Note: It is group policy not to publicly share these videos so please use them only for personal reference.

KIDS CORD TEST STUDY GUIDE

1ST YOUTH CORD: GREY

CANDEIAS CAPOEIRA YOUTH CORD SYSTEM

AGES 3 - 6



AGES 7 - 12



BRIEF HISTORY OF CAPOEIRA

Where is Capoeira from originally? Brazil.

What language do they speak in Brazil? Portuguese.

About how old is Capoeira? About 500 years old.

How was Capoeira formed, how did it start? It was created by African people who were captured by the Portuguese and brought to Brazil to be slaves in the 1500s. These slaves created the earliest form of Capoeira so they could gain freedom! They disguised the martial art and fighting techniques as dance. Some slaves were able to escape, and they fled to small villages which they formed called **Quilombos**. In the Quilombos they were free and able to develop Capoeira further.

How did Capoeira become what it is today? After Brazil made slavery illegal in 1888 the Brazilian government outlawed Capoeira and anyone known practicing Capoeira would be sent to jail. To keep the tradition of Capoeira alive it needed to be practiced secretly. Capoeiristas were known only by their nicknames (**apelidos**), which made it difficult for the police to identify them. This is why we still name our students with nicknames! Once the ban against Capoeira was lifted a very important founder of Capoeira named Mestre Bimba opened the very first Capoeira Academy in 1932 and shortly after it officially recognized by the Brazilian government. Today Capoeira is practiced in academies all over the world.

GRUPO CANDEIAS

Grupo Candeias was **founded in 1977 in Goiania, Goias, Brazil** and now has groups all over Brazil and also the USA, Chile, Peru, Ecuador, Argentina, France, Spain, United Kingdom, Portugal, Italy, Bolivia, Colombia, the Czech Republic, Germany and Ireland. Grupo Candeias is considered one of the most expressive groups of Capoeira with over ten thousand students.

YOUTH GREY CORD REQUIREMENTS:

FOR AGES 5 + ONLY

Know basic movements:

Movement Basics: Ginga, guarda, negativa, role, au, bananeira

Basic Kicks: meia lua de frente, benção, meia lua de frente armada, martelo, queixada

Esquivas: cocorinha, de frente

View video breakdowns of basic movements: <https://www.westseattlecapoeira.com/basicmovements>

Note: It is group policy not to publicly share these videos so please use them only for personal reference.

Know instruments by name:

Pandeiro (Tamborine)

Atabaque (Tall drum)

Berimbau (String Instrument)

Know basic Capoeira history, your teacher and her teacher's name

Know the chorus of a song

GROUP LINEAGE

Mestre Suino (Elto Pereira de Brito)
Group President, Goiania, Brazil

Mestre Xereu (Sandro Paulo de Almeida).
Student of Mestre Suino, Goiania, Brazil

Mestre Fenix (Thyago da Cruz). Student
of Mestre Xereu, Seattle, WA

Professora Água-viva (Jen Hobbs)
Student of Mestre Fenix, Seattle, WA

KIDS CORD TEST STUDY GUIDE

2ND YOUTH CORD: GREY/GREEN

CANDEIAS CAPOEIRA YOUTH CORD SYSTEM

AGES 3 - 6



AGES 7 - 12



BRIEF HISTORY OF CAPOEIRA

Where is Capoeira from originally? Brazil.

What language do they speak in Brazil? Portuguese.

About how old is Capoeira? About 500 years old.

How was Capoeira formed, how did it start? It was created by African people who were captured by the Portuguese and brought to Brazil to be slaves in the 1500s. These slaves created the earliest form of Capoeira so they could gain freedom! They disguised the martial art and fighting techniques as dance. Some slaves were able to escape, and they fled to small villages which they formed called **Quilombos**. In the Quilombos they were free and able to develop Capoeira further.

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YOUTH GREY/GREEN CORD REQUIREMENTS: FOR AGES 5 + ONLY

Know basic movements:

Movement Basics: Ginga, guarda, negativa, role, au, au sem mao, bananeira, queda de rins

Basic Kicks: meia lua de frente, benção, meia lua de frente armada, martelo, queixada, armada, meia lua de compasso

Esquivas: cocorinha, de frente

View videos of basic movements:
<https://www.westseattlecapoeira.com/basicmovements>

Note: It is group policy not to publicly share these videos so please use them only for personal reference.

Know instruments by name:

Pandeiro (Tamborine)

Atabaque (Tall drum)

Berimbau (String Instrument)

Know basic Capoeira history, your teacher and her teacher's name

Know the chorus of a few songs

GROUP LINEAGE

Mestre Suino (Elto Pereira de Brito)
Group President, Goiania, Brazil

Mestre Xereu (Sandro Paulo de Almeida).
Student of Mestre Suino, Goiania, Brazil

Mestre Fenix (Thyago da Cruz). Student
of Mestre Xereu, Seattle, WA

Professora Água-viva (Jen Hobbs)
Student of Mestre Fenix, Seattle, WA

KIDS CORD TEST STUDY GUIDE

3RD YOUTH CORD: GREY/YELLOW

CANDEIAS CAPOEIRA YOUTH CORD SYSTEM

AGES 3 - 6



AGES 7 - 12



BRIEF HISTORY OF CAPOEIRA

Where is Capoeira from originally? Brazil.

What language do they speak in Brazil? Portuguese.

About how old is Capoeira? About 500 years old.

How was Capoeira formed, how did it start? It was created by African people who were captured by the Portuguese and brought to Brazil to be slaves in the 1500s. These slaves created the earliest form of Capoeira so they could gain freedom! They disguised the martial art and fighting techniques as dance. Some slaves were able to escape, and they fled to small villages which they formed called **Quilombos**. In the Quilombos they were free and able to develop Capoeira further.

How did Capoeira become what it is today? After Brazil made slavery illegal in 1888 the Brazilian government outlawed Capoeira and anyone known practicing Capoeira would be sent to jail. To keep the tradition of Capoeira alive it needed to be practiced secretly. Capoeiristas were known only by their nicknames (**apelidos**), which made it difficult for the police to identify them. This is why we still name our students with nicknames! Once the ban against Capoeira was lifted a very important founder of Capoeira named Mestre Bimba opened the very first Capoeira Academy in 1932 and shortly after it officially recognized by the Brazilian government. Today Capoeira is practiced in academies all over the world.

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YOUTH GREY/YELLOW CORD REQUIREMENTS:

Know basic movements:

Movement Basics: Ginga, guarda, negativa, role, au, au sem mao, bananeira, queda de rins

Basic Kicks: meia lua de frente, benção, meia lua de frente armada, martelo, queixada, armada, meia lua de compasso

Esquivas: cocorinha, esquiva de frente, esquiva lateral

Know instruments by name:

Pandeiro (Tamborine)

Atabaque (Tall drum)

Berimbau (String Instrument)

Know basic Capoeira history and your teacher and her teacher's name

Know the chorus of at least three songs and the basic atabaque rhythm

GROUP LINEAGE

Mestre Suino (Elto Pereira de Brito)

Group President, Goinia, Brazil

Mestre Xereu (Sandro Paulo de Almeida).

Student of Mestre Suino, Goinia, Brazil

Meste Fenix (Thyago da Cruz). Student of Mestre Xereu, Seattle, WA

Professora Água-viva (Jen Hobbs)

Student of Mestre Fenix, Seattle, WA

KIDS CORD TEST STUDY GUIDE

4TH YOUTH CORD: GREY/ORANGE

CANDEIAS CAPOEIRA YOUTH CORD SYSTEM

AGES 3 - 6



AGES 7 - 12



YOUTH GREY/ORANGE CORD REQUIREMENTS:

Know basic movements:

Movement Basics: Ginga, guarda, negativa, role, au, au sem mao, bananeira, queda de rins

Basic Kicks: meia lua de frente, benção, meia lua de frente armada, martelo, queixada, armada, meia lua de compasso

Esquivas: cocorinha, esquiva de frente, esquiva lateral

Know instruments by name:

Pandeiro (Tamborine)

Atabaque (Tall drum)

Berimbau (String Instrument)

Know basic Capoeira history, your teacher and her teacher's name

Know 4 or 5 songs and the basic atabaque rhythm

Know basic Maculelê

BRIEF HISTORY OF CAPOEIRA

Where is Capoeira from originally? Brazil.

What language do they speak in Brazil? Portuguese.

About how old is Capoeira? About 500 years old.

How was Capoeira formed, how did it start? It was created by African people who were captured by the Portuguese and brought to Brazil to be slaves in the 1500s. These slaves created the earliest form of Capoeira so they could gain freedom! They disguised the martial art and fighting techniques as dance. Some slaves were able to escape, and they fled to small villages which they formed called **Quilombos**. In the Quilombos they were free and able to develop Capoeira further.

How did Capoeira become what it is today? After Brazil made slavery illegal in 1888 the Brazilian government outlawed Capoeira and anyone known practicing Capoeira would be sent to jail. To keep the tradition of Capoeira alive it needed to be practiced secretly. Capoeiristas were known only by their nicknames (**apelidos**), which made it difficult for the police to identify them. This is why we still name our students with nicknames! Once the ban against Capoeira was lifted a very important founder of Capoeira named Mestre Bimba opened the very first Capoeira Academy in 1932 and shortly after it officially recognized by the Brazilian government. Today Capoeira is practiced in academies all over the world.

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Mestre Fenix (Thyago da Cruz). Student
of Mestre Xereu, Seattle, WA

Professora Água-viva (Jen Hobbs)
Student of Mestre Fenix, Seattle, WA

KIDS CORD TEST STUDY GUIDE

5TH YOUTH CORD: GREY/BLUE

CANDEIAS CAPOEIRA YOUTH CORD SYSTEM

AGES 3 - 6



AGES 7 - 12



YOUTH GREY/BLUE CORD REQUIREMENTS:

Know basic movements:

Movement Basics: Ginga, guarda, negativa, role, au, au sem mao, bananeira, queda de rins

Basic Kicks: meia lua de frente, benção, meia lua de frente armada, martelo, queixada, armada, meia lua de compasso

Esquivas: cocorinha, esquivas de frente, esquivas laterais

Know instruments by name:

Pandeiro (Tamborine)
Atabaque (Tall drum)
Berimbau (String Instrument)

Know basic Capoeira history, your teacher and her teacher's name

Know 4 or 5 songs and the basic atabaque rhythm

Know all the rules for the roda

Know basic Maculelê

BRIEF HISTORY OF CAPOEIRA

Where is Capoeira from originally? Brazil.

What language do they speak in Brazil? Portuguese.

About how old is Capoeira? About 500 years old.

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of Mestre Xereu, Seattle, WA

Professora Água-viva (Jen Hobbs)
Student of Mestre Fenix, Seattle, WA

KIDS CORD TEST STUDY GUIDE

6TH YOUTH CORD: GREEN/LIGHT BLUE

CANDEIAS CAPOEIRA YOUTH CORD SYSTEM

AGES 13 - 16



BRIEF HISTORY OF CAPOEIRA

Where is Capoeira from originally? Brazil.

What language do they speak in Brazil? Portuguese.

About how old is Capoeira? About 500 years old.

How was Capoeira formed, how did it start? It was created by African people who were captured by the Portuguese and brought to Brazil to be slaves in the 1500s. These slaves created the earliest form of Capoeira so they could gain freedom! They disguised the martial art and fighting techniques as dance. Some slaves were able to escape, and they fled to small villages which they formed called **Quilombos**. In the Quilombos they were free and able to develop Capoeira further.

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YOUTH GREEN/LT.BLUE CORD REQUIREMENTS:

Know basic movements:

Movement Basics: Ginga, guarda, negativa, role, au, au sem mao, bananeira, queda de rins

Basic Kicks: meia lua de frente, benção, meia lua de frente armada, martelo, queixada, armada, meia lua de compasso

Esquivas: cocorinha, esquivas de frente, esquivas lateral

Know instruments by name:

Pandeiro (Tamborine)

Atabaque (Tall drum)

Berimbau (String Instrument)

Know basic Capoeira history, your teacher and her teacher's name

Know 4 or 5 songs and the basic atabaque rhythm

Know all the rules for the roda

Know basic Maculelê

Assist in classes

GROUP LINEAGE

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