

Key word: Definition: Key Capoeira Movements

1. Jinga		The Jinga is used as a transitional movement between other Capoeira moves.
2. Projector 1 – Cocorinha		A low crouched protective movement.
3. Protector 2 – Negativa		A low crouched protective movement with one leg extended.
4. A Frame and Kicking A frame - Negcomp		A transitional move use to dodge away from your partner, which can include a kick.
5. Jabbing Kick - Chapa		A sharp fast kicking leg.
6. Round house kick - Armada		A circular shaped kick.
7. Cartwheel		This is a cartwheel with a difference. Legs are bent and the action is slow and controlled.

Key word: Definition: Skills required for Capoeira

1. Spatial awareness	Consciousness of the surrounding space and its effective use.
2. Projection	The energy the dancer uses to connect with and draw in the audience.
3. Coordination	The efficient combination of body parts.
4. Flexibility	The range of movement in the joints

Key word: Definition: Key Capoeira Facts

1. Slave Trade	Capoeira was created by African Slaves.
2. Plantations	The slaves were forced to work in the plantation fields farming for items such as cotton and tobacco. Whilst on their breaks the slaves would practice their Capoeira on the fields or in the barns.
3. Non-Contact	The martial art was non-contact so the slave owners would be fooled in to thinking they were only dancing.
4. Shackles	The slaves wore shackles to prevent them from escaping the slave owners. Many of the Capoeira moves incorporated the shackles within its movement.
4. Cargo Ships	The slaves were transported on large cargo ships and lived in cramped squalid conditions. The slaves would practice their Capoeira moves on the ships.

the capoeira journey

