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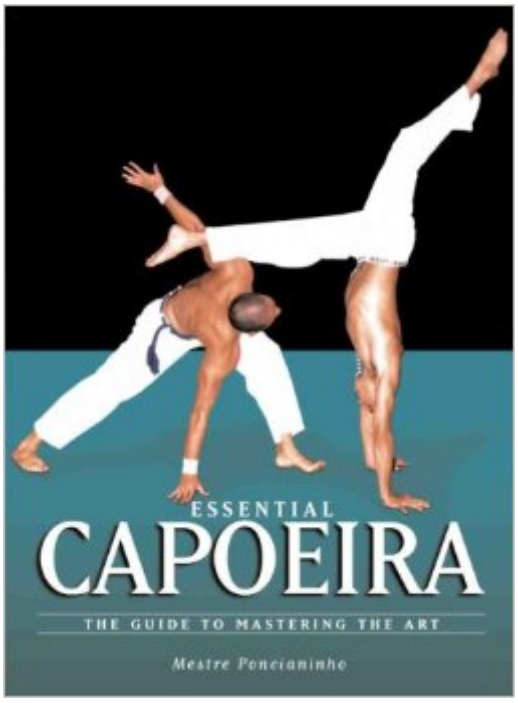
Essential Capoeira: The Guide To Mastering The Art



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Synopsis

Fun, different, and above all effective, capoeira is a unique dance-fight-fitness program enhancing strength, stamina, and flexibility training for the entire body. While there are many books on the subject, this one differs in being a succinct yet thorough discussion of the basics to engage even the nervous novice. In clear, accessible language, author Mestre Ponchianinho explains the aims and benefits of the discipline, along with its history, origins, and philosophy. He continues by introducing the two main styles along with the techniques of the most famous mestres. Easy-to-follow warm-ups, basic moves, defense and escape moves, kicks, training combinations, strengthening exercises, ground movements; and more advanced acrobatic movements are all described and illustrated in step-by-step photographs. The author discusses the self-defense aspects, the importance of music in capoeira, the significance of the bateria, the hierarchy within the tradition, the grading system, and much more. Unlike other martial arts disciplines, capoeira lets practitioners give play to their artistry as well as their physicality, in the process sharpening the mind and spirit while energizing and strengthening the body.

Book Information

Paperback: 128 pages

Publisher: Blue Snake Books (January 29, 2008)

Language: English

ISBN-10: 1583941967

ISBN-13: 978-1583941966

Product Dimensions: 7.8 x 0.4 x 10.4 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

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Customer Reviews

This book gives a good overall history of capoeira, Groupo Cordeo de Ouro (the capoeira group Mestre Ponchianinho belongs to), and some good basic capoeira movements to learn and supplement face-to-face instruction. Being an extended member of the CDO Family myself my opinion my be slightly biased, but if you are new to capoeira or want to learn more about CDO in general this is a nice book to have in your collection. This book also does a nice job of providing tips

and pointers as to how to warm up and make moves a little easier. Overall a good book to have and supplement your capoeira training.

This book gives a clear message of practical capoeira knowledge in about 20 pages. The rest of the book is pictures and easy-to-follow, detailed instructions on a good amount of basic movements with large pictures and sequential diagrams. It shows indiviaul movements, partner sequences and extra training techniques.

I wanted to learn some acrobatic moves. I figured the best chance of that since I've always been overweight was capoeira or parkour. I did capoeira. Maybe I'll do parkour when my weight is within the normal range. I've already been able to achieve some acrobatic ability but that is due to regular practice with an expert, not just from studying books. But I felt each capoeira book was informative and helpful to me.

This book is a good book if you want a basic understanding of Capoera. It can also be useful to learn the language used to call the Capoera moves.

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