



Capoeira Narahari

53 Shorebreeze Ct. East Palo Alto, Ca. 94303 (650) 644-7343
www.brazivedas.com



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(VIII) CORDEL 1 AMARELO E 2 AZUIS
"1 Yellow & 2 Blues Cord"

Name: _____

Date: _____

GOLPES: Movements

	Right	Left
Joelhadas	_____	_____
Tapôna	_____	_____
Banda	_____	_____
Aú de costa	_____	_____
Banda de costa	_____	_____
Banda de letra	_____	_____
Macaco lateral	_____	_____
Russo	_____	_____
Galopante	_____	_____
Rabo chinês	_____	_____
 Total	_____	_____

SONGS:

Preta velha	_____
Corda sim barbante não	_____
Jaya Sri Krishna Caitanya	_____

RHYTHMS:

Berimbau - Santa Maria & Amazonas	_____
Pandeiro - Baião	_____
Agogô - Samba	_____
Atabaque - Samba de caboclo	_____
Tamborim - 3 parts samba	_____

Examiner: _____

Signature: _____