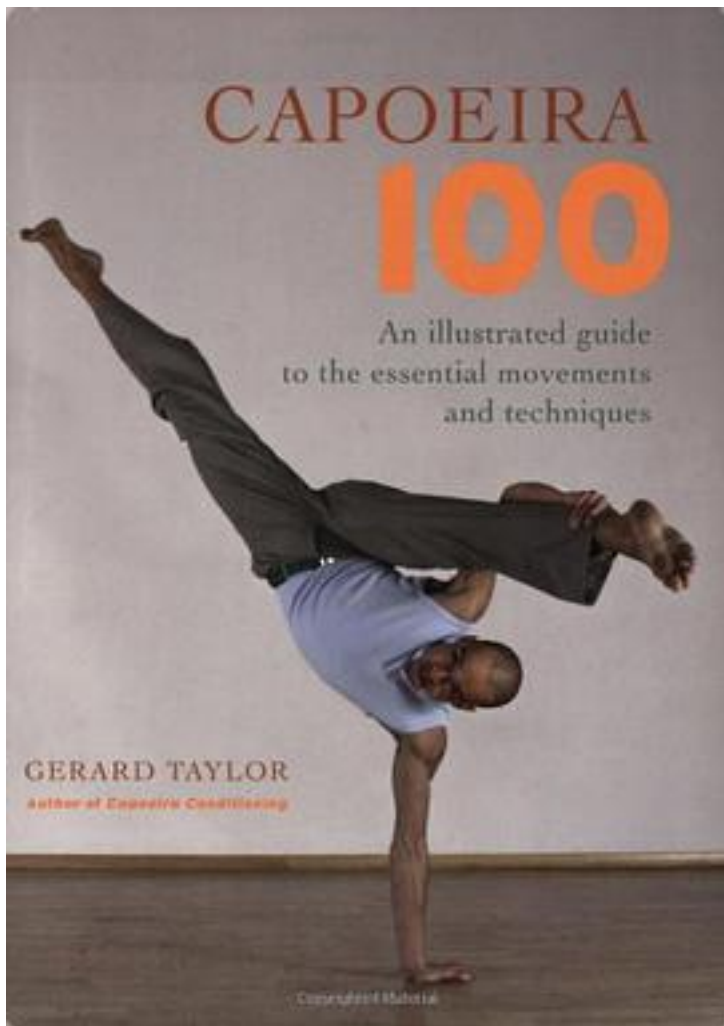


# Capoeira 100



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Capoeira 100 is an illustrated guide to 100 essential techniques used in the art of

capoeira. Each movement is accompanied by a series of color photographs that show how it is done, as well as helpful pointers and tips on how to apply the technique in the game of capoeira. The book is divided into sections for beginner, intermediate and advanced movements. Ground-work, kicks, escapes, "floreios," flying kicks, and acrobatic movements are all covered. Capoeira 100 is unique among English-language capoeira books in that it is illustrated by full-color photographs, and it focuses 100% on technique. Sequences of movements, drills, games, and conditioning exercises give the reader a chance to practice capoeira workouts at least a hundred times without ever repeating the same routine twice. These exercises can be done alone, and many can be done with a partner to create the real conditions of the game. Rather than being theoretical, all the information and instruction in this book are geared toward functional use, so that students can train at their optimal pace. Specificity of movements and exercises are structured to help readers achieve steady improvement of capoeira skills. Additionally, the author provides encouragement and no-nonsense advice, based on his 10+ years experience as a capoeira instructor and nearly 20 years as a player. Readers not affiliated with a capoeira club will find information about the capoeira game, and advice on etiquette and strategies of play. The glossary of 100 terms helps new players understand Portuguese descriptions used in Brazil. A question-and-answer section at the end of the book addresses some of the most frequently asked enquiries about this fascinating sport. This is an indispensable manual for those who have been searching for a concise "how-to" guide to capoeira techniques, and who are already connected with a capoeira group or teacher. It will be of interest as well to freestyle martial artists, dancers, actors, and others who increasingly look to capoeira for its inspiring and exciting techniques.

作者介绍:

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标签

评论

我黑色的皮肤，像夜晚一样黑，看看我镣铐下的伤疤， 但我的手臂还很强壮。  
葡萄牙人给我们用油洗澡，给伤口盖上火药粉，  
给患有痢疾的奴隶的肛门塞上软木塞。 生活在可怕的环境中，  
奴隶们没有什么可追求的， 奴隶的思想就是主人的思想，  
晚上，种植园的奴隶开始跳起热烈的舞，释放他们的身体，  
自由的舞蹈，是强大的武器。  
在巴西内陆，我们逃进雨林，开始形成远离兰提斯的部落。

当我找不到卡波耶拉时，我就开始观察大自然，  
看动物如何生存，如何捕猎，看鸟如何飞翔，鱼如何游动，看飓风如何转向。

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书评

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