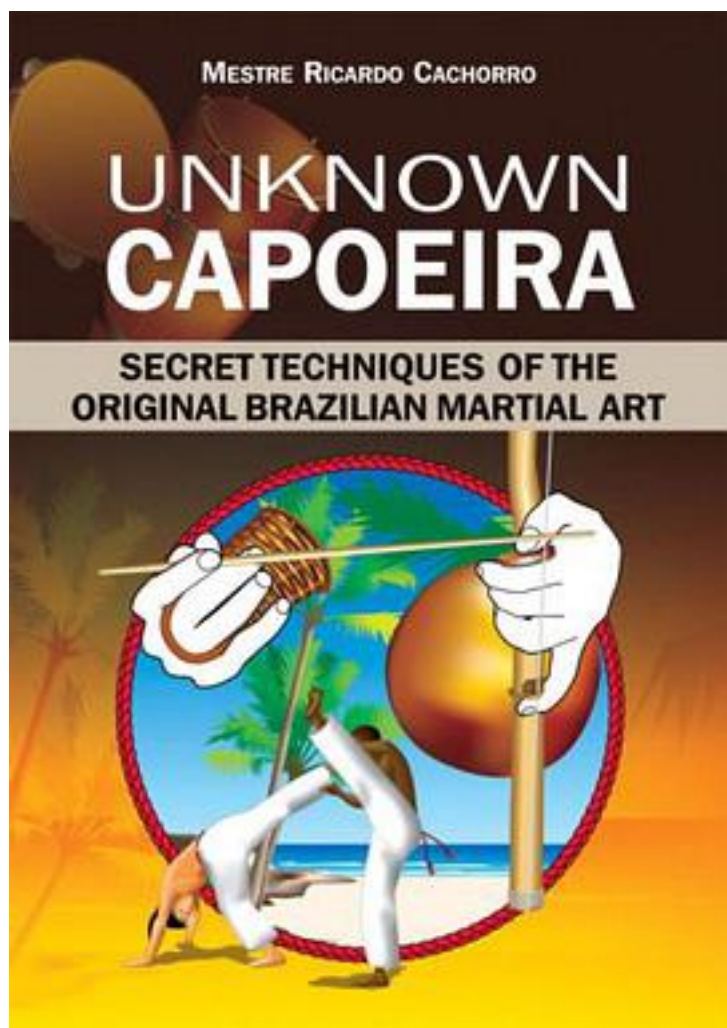


Unknown Capoeira



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Capoeira, a fascinating hybrid of martial art, game, and dance, has long captivated

practitioners in all those areas of interest worldwide. Originating in Brazil, the form has been traced back to the 16th century, created and developed by slaves brought from Africa. Written by a legendary master, Unknown Capoeira examines the form as the complete martial art, including its history, music, dance, and folklore. The game, or jogo, at capoeira's center is presented in close detail, including demonstrations of the graceful moves and gravity-defying acrobatics that make up this rhythmical dance-fight in the roda, a circle made of capoeiristas within which capoeira is performed.

Designed as a comprehensive resource of linked information and techniques, so that the capoeirista or the researcher can benefit most from reading the whole book, Unknown Capoeira features special sections that outline the objective of each technique, how to practice each technique alone, the main points of impact, and the defense and counterattack strategies. The book is intended for capoeiristas of all skill levels.

作者介绍:

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