

UCA Tucson Student Guide

No experience is necessary to start taking capoeira beginner-level classes. We were all beginners once with different levels of physical fitness and experience.

We are currently running 3 classes per week , the class is split up to address the needs of the beginner separately from the rest of the students.

How to start

To attend any of the weekly classes, just show up 10 minutes early to meet the teacher and to fill out registration form.

What to wear

Beginners are not expected to wear traditional capoeira uniform. It is recommended that you wear stretchy comfortable clothes that aren't too oversized or loose. Any t-shirt or tank top will do, and stretchy pants that will allow you to move. No shorts please. Most capoeiristas train without shoes, so be prepared to take off your shoes.

Pregnant women

Consult your physician before taking up any form of physical activity.

How many classes to attend

We recommend that you attend all 3 available classes per week. Even if you are very physically fit but you have never done capoeira before, you will find that capoeira will work different parts of your body than what you are used to. Consistency is important in the advancement of the art.

Injuries and Limitations

Always tell the instructor if you are injured and take care of your injuries at all times.

Class Guidelines

Uniform- White abadas and a white capoeira or plain t-shirt will be worn Mondays and Wednesday (this does not apply to beginners). On Saturday, colored Capoeira shirts or colored plain t-shirts can be worn. Abadas should be worn clean at all times.

What to bring- Students with cordaos should bring at least one instrument to class.

When to arrive- Students are expected to arrive 5-15 minutes before class begins.

When you arrive- You will enhance your performance and take good care of your body by stretching before class begins.

Beginners- Introduce yourself to the instructor, fill out a registration form and begin stretching. You will be separated from the main group to receive specialized attention for the majority of class.

Latecomers- It is imperative to be on time. The fundamentals of the lesson are taught during the first half hour. The rest of the class builds on that. However, if you find yourself arriving late as sometimes does happen, do pushups and then quickly join the rest of the class.

Participation- Energy is very important to Capoeira. When you fully participate in every class you are creating positive energy for the whole class. Try every movement even if you are you aren't confident in your ability. This, of course, does not apply to those with injuries. Always pay attention to what the teacher is saying and doing, if music is playing make an attempt to follow the lyrics and clap your hands.

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Respect- The best way to be respectful in Capoeira is to be mindful of your teachers' instructions, refrain from side conversations, and always give 110% in class. Keeping these three principals in mind, will help you and your teacher both grow in the Capoeira community.

Personal Hygiene- Make sure you shower before class and wear clean clothes. It is very important to keep your whites as clean as possible.

Valuables- You are welcome to bring a change of clothing or change into your Capoeira clothes when you get here. Your items can be set aside near the wall while you train. Bring plenty of water. Because we cannot be responsible for lost or stolen items, please bring only what is necessary.

Consistency- Being consistent is important in your advancement of the art form. We highly suggest that you attend as many classes as you can and participate in the various social activities as well. It is also important to learn on your own. We may not visit all aspects of capoeira all of the time, but to become a well-rounded Capoeirista you will need to: practice at the park, find lyrics online, take a percussion or Portuguese class, go to workshops and batizados, or read a book. Capoeira is what you make of it, so explore on your own.

Dues- Dues keep our academy running. We need you to pay dues on time. Keep in mind that there is a discount to those that have automatic withdrawal (which is always on time). There is an additional fee for late payment of dues. If you know you will not be able to attend every class, ask about alternative pay schedules consider buying a 10-class block.

Community- While Capoeira is run as a class, we very much consider ourselves a community of people with similar interests and philosophies. As with any community, Capoeiristas will be expected to take up more responsibility with increased rank. These responsibilities may vary from mopping the floor to hosting a music class in your home or helping to write a grant. Don't be afraid to share your talents, they may be just what we need

This is an informal guide to give our students insights on the important ceremony of the batizado. Most of this information has already been passed to them during classes. However, this summary may help the visualization and understanding of our system, as well as how to get the most benefit from practicing capoeira. It is important to mention that no book or manual is a substitute for a continuous and attentive participation in the capoeira class and life as well. During classes, we challenge our students to extend the limits of their physical possibilities without losing perspective of traditional values, rituals and all the aspects encompassed by capoeira.

With the growth of our school, many who aspire to learn more about the roots and philosophy of capoeira can do so. However, teaching outside of Brazil and to relatively large numbers of students places special responsibilities on both the school and on the students to seek clear and comprehensive information on capoeira, a complex art with history and full cultural context of important meaning.

Even the explanation about the categories or levels of capoeiristas established by oral tradition and the contemporary charts of distinctions of knowledge in this booklet should be used only to guide your study and not to encumber it with useless detail, rigidity or superficial structure.

"The career of the capoeirista begins with the batizado. From their first jogo to the point of fully understanding the art, students will spend many years constantly training and probing their weaknesses, facing the treacheries of life with open eyes. During this time, they will be physically, mentally and spiritually challenged as they strive toward a well-rounded study of the art. An isolated focus on any one of those aspects will bring limited results and shortsighted capoeiristas.

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The journey through the stages of development will be continuous with no abrupt advances along the way. Students cannot jump from one plateau to the next but must climb through them slowly and carefully, following a natural process that comes from dedicated training and a feeling of well-being in the art. It never should be a hasty and neurotic attempt to progress prematurely, or a plunge into unhealthy and excessive work toward unattainable goals. Capoeiristas, however, must fully commit themselves in every jogo, continuously striving to play beyond falsely perceived points that we may believe to be our limits. Seemingly limitations of knowledge, age, or even experience over opponents should not cause capoeiristas to give up striving toward their full potential, nor should the amount of toil, occasional pains, or previous failure discourage anyone from starting each jogo anew.

The goals one sets in Capoeira define the categories of discipulo, contra-mestre and mestre. The majority of capoeiristas are disciples who live the art as a complementary activity to the other activities in their life. They are satisfied simply to have capoeira in their hearts and to improve the quality of their lives through its practice.

Contra-mestres are capoeiristas who definitely have reached the maximum of their physical potential, who dedicate time to internalize the philosophy of capoeira, and who have a strong desire to pass on the tradition of the art.

Mestres are those who have crossed the paths of discipulo and contra--mestre, who totally open themselves to an understanding of the spiritual dimension of the art, and who are totally committed to devote a lifetime helping others discover, enjoy and become initiated into capoeira".

In our school we have students with different levels of knowledge. These students, as well as many other capoeirista in Brazil or abroad belong to the following ranks:

Calouro
Batizado
Formado
Contra-Mestre
Mestre

Calouro means "freshman". The calouros are applicants to become regular students in our school. During this trial period, the students may determine their real desire to study capoeira, while learning the basic movements and etiquettes of capoeira, as well as the rules and regulations of our school. The instructors also observe the student's attitude and their level of commitment to be accepted as one of our regular students.

Batizado is the ceremony in which the student plays for the first time under the berimbau rhythm in a formal capoeira setting and when more advanced students move to a different graduation level. Batizado is also the denomination for those who become regular students after their participation in the batizado ceremony.

Formado are the students who completed our normal school program.

Contra-mestres are those formados who have contributed to the school by teaching and assisting their mestres in many different ways.

Mestre is a traditional and valued title attributed to some capoeira teachers. To become a mestre, the capoeirista must have a long career teaching capoeira and satisfy the following requirements:

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- Must be indicated to the title by a recognized and well known teacher.
- Must be recognized by an official confederation of capoeira in Brazil such as the Confederação Brasileira de Capoeira.
- More than anything else, must have the popular recognition as a mestre and unanimous acceptance as such by the traditional masters of the art.

Note:

During classes and formal capoeira settings, students must address the mestres as "Mestre". You may have noticed that in the same circumstances, mestres also address themselves as such. This treatment is part of the traditions of the art form and a recommended behavior within the capoeira circles.

Malandragem **(The art of being Malandro)** wiki definition

Malandragem is a [Brazilian Portuguese](#) term for the [Bohemian](#) lifestyle - an ethos of idleness, fast living and petty crime - traditionally celebrated in [samba](#) lyrics, especially those of [Noel Rosa](#). The exponent of this lifestyle, the *malandro*, has become significant to Brazilian national identity as a [folk hero](#). Constantly present in Brazilian literature, besides other arts such as cinema and music, the *malandro* resembles the Spanish [Picaro](#), but, differently from this, he has a more [criminal](#) character, and frequently sees his *espertezas* (Portuguese for [smart](#) and/or cunning) actions not working as expected.

"Malandro" could be defined as someone who:

- Never works and lives off scams;
- Leads a bohemian life of only fun and pleasure;
- Is lazy, sluggish;
- An outlaw, thief or pickpocket;
- Cheats and deceives in order to prevail; smart-ass.

The Malandro is heroic figure with roots in Brazilian folklore. Struggling to escape the poverty into which he was born, the Malandro lives by his wits, converting his weakness into strengths and standing reality on its head. He refuses to accept the injustice inherent in a society without social mobility, and in doing something to rectify the situation, he acts on behalf of all the have-nots. He is no criminal, but he lives on the thin line between legality and illegality. Neither conventions nor laws hold him back because of his expertise in bending them or unmistakable joie de vivre about him.

This is your lineage!

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Since the early seventies, the majority of capoeira schools in Brazil follow some sort of standard levels of development for their students. The following system is predominant and the one we are following.

Development Levels Graduation Chart

Status	Symbol of Status	Approximate Time Practicing
A. Calouro		
Level I	none	up 6 months of training
B. Batizado		
Level II	Cordão Verde	6 months to 1.0 years
Level II	Cordão Verde/Amarelo	2 years to 3 years
Level IV	Cordão Amarelo	3 years to 4.5 years
Level V	Cordão Amarelo com pouco Azul	4 years to 5 years
Level VI	Cordão Azul/Verde,	5 years to 5.5 years
Level VII	Verde Cordão Azul/Amarelo	6 years to 7 years
Level VIII	Cordão Azul	7 years to 8 years*

* Students at this level are required to assist in teaching classes.

Formado

Students at this level and are authorized to teach and to have its own school under the guidance of his or her Mestre.

Professor

Level VII, **Cordão Trançado**(3 colors) **approximately 8 years to 10 years of training**

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When the capoeiristas reaches the level of mestre, there are 4 different levels to aim for:

Mestre de Primeiro Grau (First degree master)

Level IX, Cordão Verde/Branco approximately 10 to 15 years in capoeira

Mestre de Segundo Gras(Second degree master)

Level X, Cordão Amarelo/Branco approximately 15 to 20 years in capoeira

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Mestre de Terceiro Grau(Third degree master)

Level XI, Cordão Azul/Branco approximately 20 to 30 years in capoeira

Mestre (also called Grão Mestre - Mestrissimo - Mestre Cordão Branco)

Level XII, Cordão Branco more than 30 years in capoeira

Note:

Observing traditional rules of capoeira, only FORMADO STUDENTS are automatically allowed to teach capoeira. In some special cases, we may issue temporary written authorization for the position of PROFESSOR, a Portuguese word with the meaning of "teacher". This authorization may be revoked at any time.

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To prepare for the batizado, students must learn some basic capoeira techniques, some elements of capoeira history and philosophy, and the chorus of the most traditional songs. They should be able to recognize four berimbau rhythms and to clap and play the atabaque, agogo and panderio in a very simple but steady rhythm.

Basic Capoeira Techniques

Foundation

Ginga

Attacks

Using Head

Cabecada
Using Hands
Galopante
Palma

Using Elbows

Cotovelada

Using Knees

Joelhada

Using Feet

Armanda
Benciao
Martelo
Meia-Lua de frente
Meia-Lua de compasso
Queixada

Take_Downs

Tesoura de Costas
Vingativa

Escapes

Cocorinha
Defesa 1,2,&3
Negativa de defesa
Negativade ataque
Role Baxio

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Basic Techniques

Level I	Level II	Level III	Level IV
Fundamental Movements	Fundamental Movements	Fundamental Movements	Fundamental Movements
Ginga	Ginga	Ginga	Ginga
Attacks	Attacks	Attacks	Attacks
Using Head:	Using Head:	Using Head:	Using Head:
Cabecada baxia	Cabecada de esurrumelo		Cabecada de costas Cabecada de lado
Using Hands:	Using Hands:	Using Hands:	Using Hands:
galopante	Asfixiante cutila palma	Bochecho telephone	Caolho Pinca
Using Knees:	Using Knees:	Using Knees:	Using Knees:
joelhada		Joelhada de lado	
Using Feet:	Using Feet:	Using Feet:	Using Feet:
Armanda bencao Meia-lua de compasso Meia_lua de frente Martelo Queixada	Au Batido Calcanho Chapa de costas Double S escorao macaco mortal ponteira queda de rim rabo de arraia	Armada pulada bencao pulada martelo pulada mortal pulado cheu de couro ponteira pulada sapinho morcego meia-lua solta parafuso	Pulo do galo Suicidio
Take – Down Techniques:	Take – Down Techniques:	Take – Down Techniques:	Take – Down Techniques:
Rasteira de fuente vingativa boca de calcas	Banda de costas rasteira de costas tesoura de costas tesoura de frente rasteira pe	Arqueado baiana banda – trancada cruz presilha rasteira de mao	
Throws	Throws	Throws	Throws
		Bala cinturado cinturado de costas gravata baixa gravata cinturata garvata de costas dentinho tomfo na laderia	
Defenses:	Defenses:	Defenses:	Defenses:
Escapes	Escapes:	Escapes	Escapes
Au corcorinha negative queda de quarto Resistencia role alto role baixo	Au solto queda de rim escala	ponte	
Blocks	Blocks	Blocks	Blocks
	Trava de corpo trava de pe		
Rolls	Rolls	Rolls	Rolls
Salta pescoco Volta por cima			

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Resultado dos Exames

Date:

Studentes :

Prática:

Nome dos movimentos (10):

Sequencia de Mestre Bimba (20):

Condição Física (30):

Creatividade no jogo (40):

Execução dos movimentos (50):

Strategia (60):

Volume de jogo (90):

Seguranca no jogo (100):

Total da Prática (400):

Musuca:

Tocar:

palmas (2)

agogo (3)

atabaque (5)

panderio (5)

reco-reco (5)

berimbau (30)

Sub Total (50)

Canto:

coro (5)

puxar (15)

ladainha (30)

Sub Total (50)

Total de Música (100)

Sub Total (Prática & Música) (500)

Attitude & capoeira etiqueta nas aulas (20):

Conhecimento Teórico (30):

Habilidade de ensinar (50):

TrabalhosExectados (100):

Total Geral (600):

Pontos Faltando:

cordão	tempo	pontos
verde	6 months to 1.0 years	050>100
verde/amarelo	2 years to 3 years	100>200
amarelo	3 years to 4.5 years	200>300
verde/azul	5 years to 5.5 years	300>400
azul/amarelo	6 years to 7 years	400>500
azul	7 years to 8 years	500>600
Trancado(g/y/b)		600> FORMADO
Trancado(g/y/b/w)		CONTRA - MESTRE