

United Capoeira Association

Sequências de Malandros



Capoeira Malandragem's *Sequencias de movimentos*

- Person A always starts the sequencia with the right leg back in ginga position.
- Person B starts with the left leg back except in sequencia 25 when both players start with right leg back.
- (R) = right side movement
- (L) = left side movement

SEQUENCIA 1

Person A

Person B

R) queixada to center

(L) mea lua de compaso

R) negativa – troca

(R) defense 3 – troca

L) rôlé, (L) aû

(L) rôlé, (L) aû

SEQUENCIA 30

Person A

Person B

(R) armanda,

(R) defense 3 (L)

(R) entrada to block

negative de faze

person B (L) pase par

(R) vengativa

traiz over person B, land

center line to a two hand

take down of person B

SEQUENCIA 29

Person A

(R) mea lua de frente,
cut back,(R) mea lua de
compaso,(L) rasteira into
a tizora

Person B

(R) negativa baixa,
(L) negativa baixa
(L)meau de compaso (R)
froggy aû

SEQUENCIA 2

Person A

(R) mea lua de frente
(L) mea lua de frente
(R) negativa, (R) rôlé
cabeçada

Person B

(R) defense 2,
(L) defense 2
(L) benção, (L) aû

SEQUENCIA 3

Person A

(R) queixada, (L)
queixada

cocorinha, (R) benção

(L) aû

Person B

(L) top esquivo

(R) top esquivo

(R) armada,

(R) negativa de faze

(R) rôlé, cabeçada

SEQUENCIA 28

Person A

(R) mea lua de
compaso(2x)

pase dois,(R) envolta por
cima

Person B

(L) entrada to step
around,(R)aû, (L)evolta
por cima into tizora,
step off ,(R) kick back
mea lua de compaso

SEQUENCIA 27

Person A

(R) mea lua de compaso

(L) queixada, (L) defense

1, (L) vengativa, (R)

shabata over person B,

(R) mea lua de compaso

(R) pase pra traiz jump

Person B

(L) defense 2, fake

armada (R)

(R) elbow, (L) armada

(R) tizora de frente

(L) negativa rôlé

(R) mea lua asalta

SEQUENCIA 4

Person A

(R) benção to center

(R) mea lua de compaso

cocorinha, (L) macaco

(R) negativa – troca

(L) rôlé to defense 3

Person B

(L) mea lua de compaso

cocorinha, (R) macaco

(L) negativa – troca

(R) rôlé to defense 3

SEQUENCIA 5

Person A

(R) queixada to back
esquivo (R) S dobrado

Person B

(L) defense 2
(L) benção, (L) aû

SEQUENCIA 26

Person A

(L) Mestre Joel &
vengativa
(right leg back to ginga)
(L) sisqa, (R) martelo

Person B

(R) armada, (L) armada
(L) aû (right leg back to
ginga). (L) armada,
defend

SEQUENCIA 25

Person A

(L) mea lua de compaso

(R) queixada, (R) aû

(R) macaco, (R) forward

queda de rims, (L) rôlé

(L) banda

Person B

(R) defense, (L) defense

(R) aû, (R) macaco, (R)

forward queda de rims

(L) rôlé, (R) benção

SEQUENCIA 6

Person A

(R) galo ponte,

(R) esquivo, rôlé

cabeçada

Person B

(R) defense 2, arrastão

(L) aû

SEQUENCIA 7

Person A

(R) benção – ginga pos.

(R) vengativa de costa

Person B

(R) armada

(L) tizora de frente

SEQUENCIA 24

Person A

(R) mea lua de frente, (R)

mea lua de compaso to

queda de rim, (R) benção
(no chão)

a. pase dois, escorpião, jump
over tizora, aũ onto head

b. turn for (R) mea lua de

compaso & jump over

tizora, (L) resistencia, tizora

Person B

(R) negativa baixa, (L)

cabeçada, queda de cuatro

a. tizora, (block person A)

queda de cuatro, tizora

b. tizora, (R) escorpião

(L) aũ onto the head

SEQUENCIA 23

Person A

(R) puntara, (R) banda,
(L) aû on the head,
tizora (R) mea lua de
compaso (L) aû to
queda de rims

Person B

(R) negativa, tizora, right
escorpião, (R) negativa
rôlé, to (L) negativa (R)
fall back aû, rôlé back, (R)
aû, stop in handstand (R)
queda de rim

SEQUENCIA 8

Person A

(L) armada to reverse
negativa(L) – cocorinha
(R) macaco

Person B

(R) cocorinha
(L) aû patedo to reverse
negativa (R), rôlé
(L) aû

SEQUENCIA 9

Person A

(R) mea lua de compaso

(L) aû, (L) negativa baixa

tizora

Person B

(L) negativa baixa, tizora

(R) Mea lua de compaso

(L) aû

SEQUENCIA 22

Person A

(L) mea lua de frente, (L)

mea lua de compaso, (R)

slide to long negativa,

tizora, fall to queda de

cuatro, (R) mea lua de

compaso then (L)

Person B

(L) cocorinha, (L) chapéu

de coro, rôlé to (L)

rasteira, pase dois (pull

person A's legs), (L)

negativa baixa (R)

envolta por cima

SEQUENCIA 21

Person A

(R) mea lua de compaso

(L) queda de dois

(L) mea lua de compaso

pase dois, envolta por

cima straight back

Person B

(L) negativa baixa to (R)

negativa rôlé, (R) mea lua

de compaso, (R) queda

de dois to tizora, step off

pass hands (angola) over

person A

SEQUENCIA 10

Person A

(R) mea lua de frente

turn & run, comeback,

(L) mea lua de compaso

to defense 3

Person B

(R) defense 2

(L) mea lua de compaso

to defense 3, step

forward, cabeçada

SEQUENCIA 11

Person A

(R) armada turn to pase
dois, cocorinha, (L)
envolta por cima

Person B

(L) negativa baixa
tizora, (block person A)
(R) mea lua de compaso
or (R) armada

SEQUENCIA 20

Person A

(L) armada off back leg
run away, (L) negativa
rôlé to (R) mea lua de
compaso. (R) martelo off
the front leg. Step over
rasteira, 2 mea lua de
compaso, forward, envolta
por cima right or straight

Person B

(R) defense 1 & benção
to center line, (R) pase
pra traiz to queda de dois
(L) rasteira to defense 3
troca to (R) negativa,
lower the negativa for 2nd
kick, sit back to (L) negativa,
(L) chapo, queda de rims
kick over right side

SEQUENCIA 19

Person A

(R) mea lua de compaso

(L) queixada, (R)
vengativa

Pivot right, banda (R)

Person B

(L) pase pra traiz

(R) queixada, jump out of
vengativa

(R) martelo

SEQUENCIA 12

Person A

(R) mea lua de frente

(L) rasteira,

(R) shabata

Person B

(R) defense 2

(R) martelo,

(R) defense 3

SEQUENCIA 13

<u>Person A</u>	<u>Person B</u>
(R) armada, (L) mea lua de	(L) defense
Compaso, defense 3, run	(R) defense
away, (L) negativa	(R) benção
a. tizora, (R) benção low	(L) aû (over tizora)
b. (L) queda de rims	
c. (L) macaco	(aû as appropriate for
d. (L) envolta por cima	b,c,d)

SEQUENCIA 18

<u>Person A</u>	<u>Person B</u>
(R) armada, aranha left	(R) rasteira (fake) to left
tizora (block person B)	queda de rim. (R) nega-
pase dois, (R) envolta por	tiva rôlé, (R) mea lua de
cima (or straight back)	compaso. Jump over
	tizora to headstand,
	tizora, step over person
	A (R) to mea lua frente.

SEQUENCIA 17

Person A

(R) negativa, troca, rôlé

(L) mea lua de compaso
onto arm (like queda
de rim), come back
over to pase dois, (R)
vengativa, escape mea
lua de compaso

Person B

(L) negativa, troca, rôlé

(L) rasteira, onto (L) arm
(like queda de rim), come
back over to tizora, fake
(L) queixada, jump out of
vengativa, (R) mea lua
de compaso

SEQUENCIA 14

Person A

parafosal (L)

(turn around)

(R) aû

Person B

(R) galo ponte

(R) armada pulado to
escalion

(R) S dobrado

SEQUENCIA 15

<u>Person A</u>	<u>Person B</u>
(R) benção from back leg	(R) queixada
(L) defense 2	a. defense 3, enrolada,
a. cocorinha (R), (R)	(L) aû.
chapeu de coro	b. defense 3, enrolada,
b. (R) mea lua compaso	(L) aû
c. turn (R) for tizora take-	c. stand ready for take-
down	down

SEQUENCIA 16

<u>Person A</u>	<u>Person B</u>
(L) armada	(R) pase pra traiz
(R) martelo from front	(R) queda de dois
leg	(L) rasteira to defense 3
(R) aû	