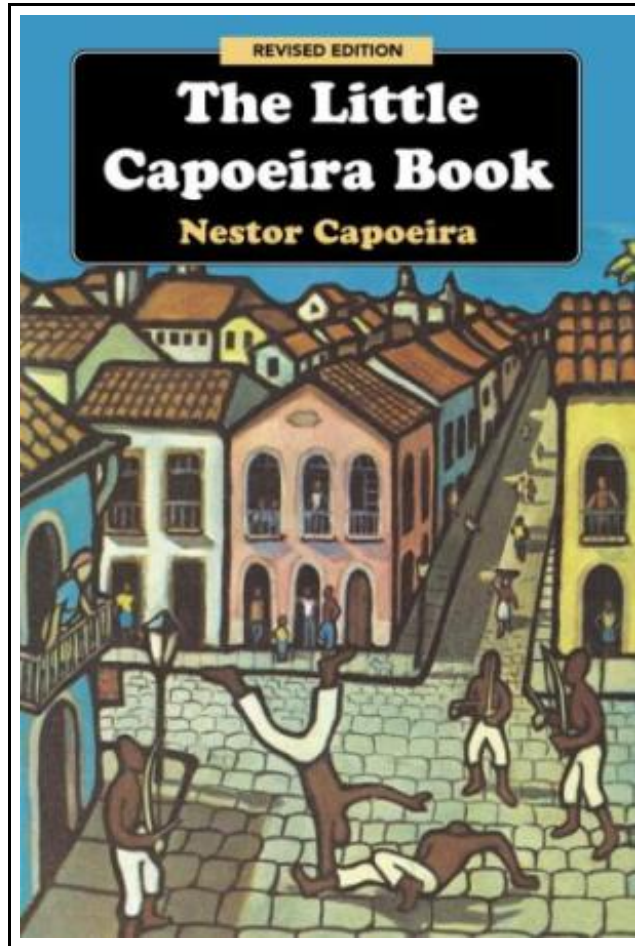


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North Atlantic Books,U.S. Paperback. Book Condition: new. BRAND NEW, The Little Capoeira Book (2nd Revised edition), Nestor Capoeira, In this best-selling capoeira title, now branded as a Blue Snake Book, Nestor Capoeira starts off with an in-depth history of the Brazilian art, giving the most popular theories for the origins and purposes of this movement that combines the grace of dance with lethal self-defence techniques in a unique game-song structure. He discusses some of the most famous capoeiristas and what effects they have had on the art. In addition, he describes how the two major branches of capoeira (Angola and Regional) came about and what their differences are. His descriptions of the game, or jogo, explain the actual application of capoeira, vaguely similar to sparring, but very different in purpose and style.The music of capoeira, which is played during all jogo, is also described, along with its main instrument the berimbau. He presents a how-to guide with photographs showing basic moves for beginners, with offensive and defensive applications for basic kicks, takedowns, advanced kicks and movements, head butts, hand strikes, and knee and elbow strikes. Each technique is vividly depicted with drawings that are very easy to understand and learn from, and includes an explanation of both Angola and Regional versions. No new material has been added to the previously revised edition.



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