

# CAPOEIRA TECHNIQUES FOR KIDS



## Aú

The Capoeira Au is commonly known as a cartwheel. However, in Capoeira the Aú it can be performed slowly, fast, with one hand or no hands! When performing Au, it is very important for the player to look at their partner constantly in order for them to be prepared for any oncoming attacks. To do this the player has to place his head between his hands looking straight instead of looking at the ground.



## Ginga

Pronounced 'jinga', it is the most basic but important movement in Capoeira. It is done by moving back and forth alternating both legs, shoulder-width apart, creating a triangular shape. The hands are moving with the body aiming to protect those parts that are exposed and easily attacked. In Capoeira Regional Ginga is more defined and structured. Still, the player can add his own style to it. The Ginga is used to transfer the body in to another move – offensive or defensive



## Cocorinha

Cocorinha is a very simple and easy Capoeira move but also very useful. It is used to escape from an incoming kick. All a Capoeira player has to do is to squat with their knees to their chest with their feet close to the ground and lean on one hand for support. Eye contact and the hand protection technique are required here as well.



## Negativa

The Negativa is a Capoeira move used to escape an incoming attack by lowering the body to the ground on one side or the other. The body is supported by one hand while the other is protecting the face. The legs are located close to one another – the leg closest to the hand on the ground is placed in extended position and the other one is tucked underneath their body. The body should be bent forward towards the legs.



## Ponte

In Capoeira, the Ponte technique is widely used as a standalone, but also as a transitional or defensive, move. It is actually a basic bridge (back bend) where the hands and the legs are located on the ground, the back is forming an arc and the stomach is facing upward. Experienced Capoeiristas can make a Ponte from a standing position by falling backwards on to their palms.



## Esquiva

The Esquiva, which translates to an escape/dodge, exists in many forms during the Capoeira game.



## Balanço

Your bodyweight is shifted from one leg to the other in a slight lateral hopping/sliding motion while the arms move in a similar fashion as they do during the ginga.





## Queixada

This movement is pronounced “kay-shah-dah” and is one of the most common kicks in Capoeira Regional. To execute, the Capoeirista steps forward from a middle Ginga position with one leg (at 45 degrees from the other leg) twisting the body to continue facing your partner. The torque is what gives power to this move. In fact, it is very easy to achieve if you only move your torso and leave the leg to follow it.



## Queda de Rins

The queda de rins (fall on the kidneys) can be used as an esquiva or a launching point for a technique. It involves supporting the torso with the inside elbow and the head, often with the knees resting on the supporting elbow. The head is usually the lowest with the feet and at the highest in a rough 45° angle. The legs themselves may be together, tuck, split depending on the position.



## MARTELO

The martelo, which literally means "hammer", is generally defined as a strike with the instep or lower part of the shin



## MEIA LUA DE COMPAÇO

*Meia-Lua de compasso* (lit: compass half moon). The transfer of power begins with the hand slamming into the ground and ending with the spin of the kicking heel



## **CADEIRA**

The cadeira is a low squat. One arm protects the face while the other is extended. Every time a capoeirista brings his feet parallel during a ginga, he enters this position.