

# Capoeira Da Rua Movements Outline

## Techniques

Os Movimentos/Movements

**Ginga: (To sway or swing)** The ginga is the kinetic fighting stance that most distinguishes Capoeira from other fighting arts. The ginga is a very expressive movement that can allow that jogador(player) to express his or her personal style while at the same time making them a very elusive target.

### How to ginga:

**Pasada: (Footwork)** To ginga start with your feet roughly shoulders width apart. Imagine that you are standing on the base of an equilateral triangle with the apex bisecting your centerline. Make sure that your legs are slightly bent and that the rest of your body is relaxed.

Take one foot and slide-step from the base to the apex of the imaginary triangle. You should be in a position akin to a deep lunge. Make sure that your hands are protecting your face and that your legs are slightly bent and that you are on the balls of your feet. Return your foot to the base then swing the other one to the apex. Your body should swing side to side, continue this motion in time with the music. This is the basic frame work for the ginga, although the ginga is chiefly a lateral movement you should be able to advance, retreat, and circle your partner. When you are comfortable with the pasada you can move on to the second aspect of the ginga the balanço.

**Balanço: (Balancing)** The balanço is a rocking motion achieved by shifting your body weight from the front foot to the rear foot then back to the front foot when you are in the deep lunge position of your ginga. Again remember to keep your legs slightly bent, when you rock back and forth. Final and most difficult aspect of the ginga is the jogo de corps.

**Jogo de corps: (Play of the body)** Jogo de corps can not be taught it is the aspect of the ginga that is unique to the capoeira. It can only be learned through self exploration and experimentation. If I was to describe what the jogo de corps is I would say that its way the capoeira moves his or her hands and upper body

that is an expression of their character and the same time means shielding, slipping and warding off attacks.

**Entrada: (Entry)** A type footwork executed from the ginga that set ups for various attacks.

### **How to Entrada:**

- **Offensive**

From the neutral position pivot forward on one foot while stepping forward with the other forming a ninety degree angle from your previous position.

- **Defensive**

From the lunge position of your ginga, pivot on your rear leg while stepping to the side with your lead leg. If your left leg is in the rear position then you should pivot to the left.

**Role: (Roll)** The role is the basic way of moving on the ground, it is a very versatile movement which can be used to evade and reposition as well as train the body to execute the powerful low kicks and sweeps that characterizes Capoeira. In my opinion many of the movements of Capoeira can be traced back to the role.

### **How to role:**

First assume your neutral stance with your feet spread a little more than shoulder width apart. Then lean to the side and place one hand on the ground, continue looking forward, and make sure that your other hand is protecting your head but does not obscure your vision. In one motion place the hand that is protecting your face on the ground roughly shoulder width apart and pivot around. You should be in a pyramid position with your buttocks held high, legs slightly bent and arms shoulder width apart. You should be looking at your partner from between your legs. Following the motion of your initial turn sweep your leg around and push yourself up to an upright position. Be sure that your head is protected as you come up.

### **Various ways to role:**

**Role de cabeça: (roll on the head)** A role executed with the hands, feet and head upon the ground.

**Role de costas: (roll to the side/rear)**

**Recou:** A role like movement in which you place one hand on the ground and walk yourself around in a crouch while keeping your hand in place.

**Gira: (to turn/rotate)** A role like movement where you pivot around in one

spot. This movement can perform with or without your hands on the ground.

**Au: (Cartwheel)** The au is another way of moving on the ground. The movement is very versatile in that it can be used in combination with an attack or as a means for reposition oneself. Remember to keep your arms slightly bent and never look at the ground. But keep your gaze always on your partner or some fixed point while training alone.

### **How to Au:**

First assume your neutral stance with your feet spread a little more than shoulder width apart. Then lean to the side and place one hand on ground, continue looking forward then hop onto the hand that is planted. As your body swings over place your other hand on the ground to balance your weight and to aid you as you land. Make sure that your feet are bent in front of you or tucked above. As you land place one foot down at a time, then resume your ginga.

**Au de cabeça: (Au of the head)** A variation of the au that is executed with only your hands and head touching the ground.

## **Esquivas e Posicao Escapes and Positions**

**Negativas: (Negative ie in refusal)** A way of escaping an attack by dropping to the ground. The negative can be used as a means to setup a counter attack. There are a few variations of this movement below is a description of three most commonly used in Capoeira Da Rua.

**Negativa de Ataque/Negativa Senzala: (An offensive negativa)** This type of negativa is found in all forms of Capoeira. It is characterized by its upright configuration and mobility. Is a crouching position where you rest on the haunch of one (you should be on the ball of your foot) while the other leg is stretched out and slightly bent with the toes pointing to the side. One hand should be on the ground in order to help you maintain balance (the planted hand usually corresponds to the extended leg) while your other hand should be shielding your face. Make sure that your limbs are slightly bent.

**Negativa de Defesa/Negative de Solo: (Defensive negativa)** This movement is related to the negativa de ataque. To execute the negativa de defesa assume the position of negative de ataque. Once in the negativa lower your upper body to the ground and place your free hand on the ground. The side of your head can touch the ground in order to offer you more support. You can

move out of this position by using a role or au de cabeça.

**Negativa de Angola: (Negativa of Angola)** From the ginga step to the side and crouch down. Lean over to one side and place one hand on the ground in front of your chest and the other behind your back. The leg on your upper side is extended while the lower one is bent. The position resembles a pushup with your body twisted to one side. Your body should float just above the ground with your hands, feet, and head touching the ground.

**Negativa de Angola: (Leg crossed in front)**

**Esquivas: (Escapes)** Another way of evading an attack is to use an esquiva. An esquiva should take the body out of harm's way yet kept you in range to counter with a sweep or kick. In fact all of the esquivas we use in Capoeira Da Rua are derived from the rasteira/banda and the entrada.

**Esquiva: (Escape)** An organic way of dodging a circular attack, by following the motion of the attack. Imagine an attack coming to one side. From your ginga turn with and away from the attack. The foot closest to your partner should be hooked as if to sweep his support leg. Your shoulder and upper body should be turned away from the attacker. Your shoulder should protect your chin.

**Esquiva de lado: (Escape to the side)** From the ginga step to the side and away from the incoming attack. Place one hand on the ground and use the other hand to protect your face. The leg on the upper side is extended is bent (not as much as the negativa angola). Your body should be in forty-five degree angle in relation to the ground.

**Esquiva de tronco: (Escape of the trunk)**

- Alto(high). This movement is the same as an entrada. The only difference is that to escape is the main goal as opposed to setting up an attack.
- Baixo(low). Essentially the same as the entrada only your upper body is bent over your legs.

**Other Escapes: Cocorinha, resistencia, and queda de quatro.**

These are escapes that do not fit into the above category but are of equal importance.

**Cocorinha: (Little coconut)** A low crouching escape which enables you to dodge circular attacks at close range. To execute the movement duck under the kick and lift both arms in order in order to protect your head.

**Resistencia: (Resistance)** Crouch on the balls of your feet and put one hand on the ground diagonally behind you for better balance. Use your other hand to protect your face. This movement requires your to turn your body away from your partner.

**Queda de Quatro: (Fall on all fours)** From the neutral stance of your ginga squat low then place one hand on the ground followed by the other. From this position you can execute a role or crabwalk out.

## Ataques/Attacks

**Armada: (Navy, Fleet)** A spinning outside crescent kick common to regional games. From the ginga execute the entrada: then rotate your head and torso about 180 degrees until you can see your target. There should be a corresponding spin of your feet then the kick is released using the heel to impact your target.

**Bencao: (Blessing)** Front push kick. The bencao can be executed with either the lead or rear leg, simply draw your knee close to your body then push out with your foot in a stomping while leaning your shoulders back. The point of contact is the heel or the sole of the foot.

**Bencao Pulado: (Jumped Bencao)** From the ginga execute the entrada as if you are going to throw the queixada but instead kicking with your lead leg jump with the rear leg as the fake is released then execute the bencao with your rear leg as your lead leg lands on the ground.

**Chapa: (Plate)** Side or back kick. To execute the chapa chamber your knee in a circular fashion. When your knee reaches your chest execute the kick in piston-like fashion using the heel or sole of the foot to impact your target.

**Chapa De Costas: (Chapa from the rear/side)** A turning side/back with one/both hands on the ground. From the ginga execute the entrada. Then turn your back to your target and lower yourself to your hands as you chamber your rear leg to your chest then fire the kick.

**Chapa De Frente: (Chapa from the front)** A term used to describe two different kicks; 1) The first kick is a bencao followed by falling into negativa 2) A bencao-like kick only the foot is rotated at a 45 degree angle. 3) A third variation is a bencao or ponteira executed from any ground position.

**Chapa giratoria: (A spinning chapa)** A turning side/back kick. From the ginga execute the entrada. Then turn your back to your target chamber your knee then release the kick.

**Chibata: (Whip) also known as the Meia lua solta.** A spinning hook kick.

**Chulipa: ()**

**Coice Mula: (Mule kick)** A kick akin to the chapa de costas only you strike with both legs.

**Compasso: (Compass)**

**Gancho: (Hook)** A hook kick.

**Joelhada: (knee)** To execute the joelhada lean your chest back and push your hips forward and fire the knee as if you are spearing your partner. Another name for the joelhada is **Arpao (harpoon)**.

**Martelo em pe: (Hammer)** Roundkick. There are many ways to execute the Martelo em pe which is in essence a snapping round kick. There are various parts of the foot that you can use to strike depending on your goal and the target or if you are wearing shoes or not. To execute the martelo chamber your leg and pivot your body towards your intended target make sure that your knee is aligned with the target when you release the kick.

**Martelo do chao: (Martelo from the ground) Is a type of martelo executed from the negativa. This martelo swings all the way through it's intended target using the shin as it's point of contact. To execute the martelo do chao assume the negativa senzala position**

**Martelo cruzado:**

**Martelo rotada: (Rotating martelo)**

**Martelo solta: (Freed martelo)**

**Martelo voadore: (Flying martelo)**

**Meia lua de frente: (Half moon in front)** Inside crescent kick

**Meia lua solta: (Half moon freed)** A compasso that travels at a forty-five degree angle.

**Ponteira: (Pointer)** Front snap kick

**Queixada: (Cheek)** Outside crescent kick

**Rabo de arraia: (The stingray's tail)** Low spinning heel kick

## Desequilbrantes/Takedowns

Desequilibrante or trip 'em ups is the sweet science of capoeira. The objective of the game is to artfully take away the movements of your partner while you yourself can move as freely as you desire. This concept at it's highest manifestation is a well-timed rasteira.

While addressing the subject of Desequilibrante it is important to distinguish between the different types of takedowns (Sweeps, trips, and body locks.)

**Sweeps:** slide across the ground in order to uproot the planted foot. It is a movement of finesse which requires you to hook and pull in order to apply the sweep as opposed to kicking your partner's leg.

**Trips:** A trip is achieved by placing an obstruction in your partners path in order to break their movement.

**Body locks:** Are movements that traps your partner's body between yours and the throw is achieved by using the scissor principle or force and counterforce.

### **Banda Amarrada: No description available**

**Banda de Costas:** Is an upright takedown that uses the back of the leg to buckle the back of the leg of your partner while simultaneously pushing against their chest. This movement can be used as a sweep or trip by either sweeping backwards or simply by placing your leg behind his leg as an obstruction as you push against his chest.

**Banda de Frente:** A sweeping technique that hooks with the instep to the inside or outside of your partner's support leg then pulling his support leg at a forty-five degree angle. The Banda de frente can be used in three ways 1) as a sweep with a hook and pull. 2) Solely as a hook in order to trap the leg. [See inside/outside sector JKD] and finally 3) in a chopping motion that cuts into the base leg.

**Banda Jogada:** Is a sweeping technique that is initiated by a Joelhada (knee strike) to your partner's leg then applying the banda de frente either to the support leg or the leg that was struck as your partner attempts to weight the leg.

### **Banda de Lado: (No description available)**

**Banda por Dentro:** A sweep akin to the Banda de costas only it is applied to the inside of your partner's leg and can be assisted by either a head or shoulder butt.

**Banda Trancada:** A Banda de costas executed from the inside of the leg as opposed to the outside.

### **Corta Capim**

### **Cruz**

### **Inspeto**

### **Paulista**

**Rasteira:** A low hooking sweep that involves four points of contact ie the hands and feet.

**Rasteira de Costas:** A low spinning sweep that either trips with the heel or the back of the leg or hooks and pulls.

**Rasteira Deitado: (No description available)**

**Rasteira de Frente:** A low line leg hook executed from the esquiva de tronco

**Tesoura**

**Tesoura de costas**

**Tesoura de frente**

**Tesoura(au)**

**Vingativa**