

MUNDO CAPOEIRA BELT SYSTEM

GRADUAÇÃO INFANTIL / CHILDREN GRADES (from 5 to 18 years of age)

CORES	COLOURS	GRADUAÇÃO / GRADE
BRANCA	WHITE	ALUNO/A
BRANCA-PONTEIRAS AMARELAS	WHITE-YELLOW ENDS	ALUNO/A
BRANCA-AMARELA	WHITE-YELLOW	ALUNO/A
AMARELA	YELLOW	ALUNO/A
BRANCA-PONTERIAS LARANJAS	WHITE-ORANGE ENDS	ALUNO/A
BRANCA-LARANJA AMARELO - LARANJA	WHITE-ORANGE	ALUNO/A
LARANJA	ORANGE	ALUNO/A
BRANCA-PONTEIRA AZUL	WHITE-BLUE ENDS	ALUNO/A
LARANJA-AZUL	RANGE-BLUE	ALUNO/A
AZUL	BLUE	ALUNO/A GRADUADO/A

ADULTOS / ADULTS (FROM 18 UP)

CORES	COLOURS	GRADUAÇÃO / GRADE
BRANCA	WHITE	ALUNO/A
BRANCA-AMARELA	WHITE-YELLOW	ALUNO/A
AMARELA	YELLOW	ALUNO/A
BRANCA-LARANJA	WHITE-ORNAGE	ALUNO/A
LARANJA	ORANGE	ALUNO/A
LARANJA -AZUL	ORANGE-BLUE	MONITOR/A
AZUL	BLUE	GRADUADO/GRADUADA
AZUL-VERDE	BLUE-GREEN	GRADUADO/GRUADUADA
VERDE	GREEN	GRADUADO/GRADUADA
VERDE-ROXA	GREEN-PURPLE	GRADUADO/GRADUADA
ROXA	PURPLE	INSTRUTOR/INSTRUTORA
ROXA-MARROM	PURPLE-BROWN	INSTRUTOR/INSTRUTORA
MARROM	BROWN	PROFESSOR/PROFESSORA
MARROM-VERMELHO	BROWN-RED	PROFESSOR/PROFESSORA
VERMELHA	RED	MESTRANDO/MESTRANDA
PRETA	BLACK	MESTRE/MESTRA

SKILLS REQUIRED TO CHANGE BELT

BRANCA-AMARELA (WHITE-YELLOW BELT)

CAPOEIRA BASICS	–	<table border="1"><tr><td><i>Ginga,</i></td></tr><tr><td><i>Esquivas</i></td></tr><tr><td>Kicks</td></tr><tr><td>Low Movements</td></tr><tr><td><i>Troca de Negativa</i></td></tr><tr><td><i>Rasteira de Frente, Rasteira de Costas</i></td></tr><tr><td><i>Aù, Aù com Rolé</i></td></tr></table>	<i>Ginga,</i>	<i>Esquivas</i>	Kicks	Low Movements	<i>Troca de Negativa</i>	<i>Rasteira de Frente, Rasteira de Costas</i>	<i>Aù, Aù com Rolé</i>
<i>Ginga,</i>									
<i>Esquivas</i>									
Kicks									
Low Movements									
<i>Troca de Negativa</i>									
<i>Rasteira de Frente, Rasteira de Costas</i>									
<i>Aù, Aù com Rolé</i>									
BELT SYSTEM	–	Knowledge of the MUNDO CAPOEIRA group's belt system							
MUSIC	–	Names of the instruments used in Capoeira							
NOTIONS	–	<table border="1"><tr><td>Names of the Main Mestres</td></tr><tr><td>How to enter a Roda</td></tr><tr><td>How to Behave in a Roda</td></tr><tr><td><i>Volta ao mundo</i></td></tr><tr><td>Chamada</td></tr></table>	Names of the Main Mestres	How to enter a Roda	How to Behave in a Roda	<i>Volta ao mundo</i>	Chamada		
Names of the Main Mestres									
How to enter a Roda									
How to Behave in a Roda									
<i>Volta ao mundo</i>									
Chamada									

SKILLS REQUIRED TO CHANGE BELT

AMARELA (YELLOW BELT)

CAPOEIRA ROUTINES	–	<table border="1"><tr><td>Capoeira Basics and evolution in the movements</td></tr><tr><td>Combination of movements and kicks (including a min. of 3 movements)</td></tr><tr><td>Improved Kicks</td></tr><tr><td>3 <i>Floreios</i> min.</td></tr></table>	Capoeira Basics and evolution in the movements	Combination of movements and kicks (including a min. of 3 movements)	Improved Kicks	3 <i>Floreios</i> min.
Capoeira Basics and evolution in the movements						
Combination of movements and kicks (including a min. of 3 movements)						
Improved Kicks						
3 <i>Floreios</i> min.						
BELT SYSTEM	–	In-Depth Knowledge of the MUNDO CAPOEIRA group's belt system				
MUSIC	–	Basics of Capoeira instruments i.e. <i>Berimbau</i> , <i>Atabaque</i> , <i>Pandeiro</i>				
NOTIONS	–	<table border="1"><tr><td>Names of the movements in Portuguese</td></tr><tr><td>Names of the kicks in Portuguese</td></tr><tr><td>Elements of Capoeira History</td></tr><tr><td>Participation in the Roda</td></tr></table>	Names of the movements in Portuguese	Names of the kicks in Portuguese	Elements of Capoeira History	Participation in the Roda
Names of the movements in Portuguese						
Names of the kicks in Portuguese						
Elements of Capoeira History						
Participation in the Roda						

SKILLS REQUIRED TO CHANGE BELT

BRANCA-LARANJA (WHITE-ORANGE BELT)

CAPOEIRA ROUTINES	–	In-Depth Knowledge of the Basics and improved movements
		Combination of movements and kicks (including a min. of 4 different movements)
		Basics of Angola, Benguela and Regional within the game
		5 <i>Floreios</i> min.
MUSIC	–	Basics of Capoeira instruments i.e. <i>Berimbau</i> , <i>Atabaque</i> , <i>Pandeiro</i>
		3 Basic Toques of Berimbau i.e. Angola, Sao Bento Grande, Benguela
		Participation in Rodas, Street Performances and Shows
		Singing
NOTIONS	–	Capoeira History: Origins and Evolution.
		Capoeira Angola and Capoeira Regional: Mestre Pastinha and Mestre Bimba
		Participation in Rodas, Street Performances and Shows
		Belt System and Difference within Belts

SKILLS REQUIRED TO CHANGE BELT

LARANJA (ORANGE BELT)

CAPOEIRA ROUTINES –

In-Depth Knowledge of the Basics and improved movements
Combination of movements and kicks (including a min. of 5 different elements)
More Precise and powerful Kicks
Notions of Warm-Up and Stretching within a capoeira session
Familiarity with the games of Angola, Benguela and Regional
Maculelê
7 <i>floreios</i> min.

MUSIC –

Knowledge of Capoeira instruments i.e. <i>Berimbau, Atabaque, Pandeiro</i>
Mastering min. 4 Toques of Berimbau i.e. Angola, Sao Bento Grande, Benguela and Sao Bento de Bimba.
Familiarity with the most common Capoeira songs
Min. 1 Song of Angola and 1 of Regional

NOTIONS –

In-Depth knowledge of Capoeira History and its evolution
Capoeira Angola and Capoeira Regional: Mestre Pastinha and Mestre Bimba
Zumbi dos Palmares
Belt System and Differences within Belts
Participation in Rodas, Street Performances and Shows

SKILLS REQUIRED TO CHANGE BELT

LARANJA - AZUL (ORANGE - BLUE BELT)

CAPOEIRA ROUTINES –

In-Depth Knowledge of the Basics and improved movements
Combinations of movements and kicks (including a min. of 5 different elements)
More Precise, stretched and powerful Kicks
Familiarity with the Capoeira Warm-up
Ability of holding a class for beginners
Evolution in the games of Angola, Benguela and Regional and Maculele

MUSIC –

In-Depth Knowledge of Capoeira instruments i.e. <i>Berimbau, Atabaque, Pandeiro</i>
Mastering min. 4 Toques of Berimbau i.e. Angola, Sao Bento Grande, Benguela, Sao Bento de Bimba, Juna and Santa Maria.
Familiarity with the most common Capoeira songs
Composing 1 Capoeira song and being able to sing it at the batizado

NOTIONS –

In-Depth knowledge of Capoeira History and its evolution (Mestre Bimba, Mestre Pastinha, Zumbi, Besouro)
Capoeira Angola and Capoeira Regional: Mestre Pastinha and Mestre Bimba
Zumbi dos Palmares
Belt System and Differences within Belts
Participation in Rodas, Street Performances and Shows
Participation in At least 1 event/batizado of other MUNDO CAPOERIA branches in Europe.