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techniques used

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capoeira. Each
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accompanied by a
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show how it is
done, as well as
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and tips on how
to apply the
technique in the
game of
capoeira. The

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into sections
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movements.
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kicks, escapes,
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flying kicks,
and acrobatic
movements are

all covered. Capoeira

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Conditioning give

the reader a
chance to

practice Agility

capoeira

workouts at
least a hundred
times without

ever repeating

the same routine
twice. These

exercises can be
done alone, and

many can be done

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with a partner
to create the
real conditions
of the game.

Rather than

being
theoretical, all
the information

and instruction
in this book are
geared toward
functional use,

so that students
can train at

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their optimal
pace.

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structured to
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experience as a
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of the most
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techniques, and
who are already
connected with a

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or teacher. It
will be of

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to freestyle

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martial artists,
dancers, actors,
and others who

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for its
inspiring and
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And

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simultaneously a
dance, a fight,
and a game.

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Africans brought
to Brazil as
slaves beginning
in 1500,

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capoeira was
forbidden by law
but survived
underground.

When open
practice was
allowed in the
1930s it soon
became very
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America around
1975, and has
become widely

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influence and

tradition in the

Americas has

long been

recognized in

art, music,

language,

agriculture, and

religion. T. J.

Desch-Obi

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is as old as eig

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and as

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continents and

several

centuries to

illustrate how

these practices

evolved over

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time and are
still
recognizable in
American culture
today. Some of
these art
traditions were
part of African
military
training while
others were for
self-defense and
spiritual
discipline.

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Grounded in
historical and
cultural
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long-observed
but

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body's vital

energy or 'chi'

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spiritual, and
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benefits of a
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other foods that
are primarily
unprocessed and
can be combined
to balance the

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menus, eating
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initially by
that country's
African slaves.

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completely

inverted, the
form started
gaining
worldwide

popularity in
the early 20th

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Bimba, who
became renowned
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