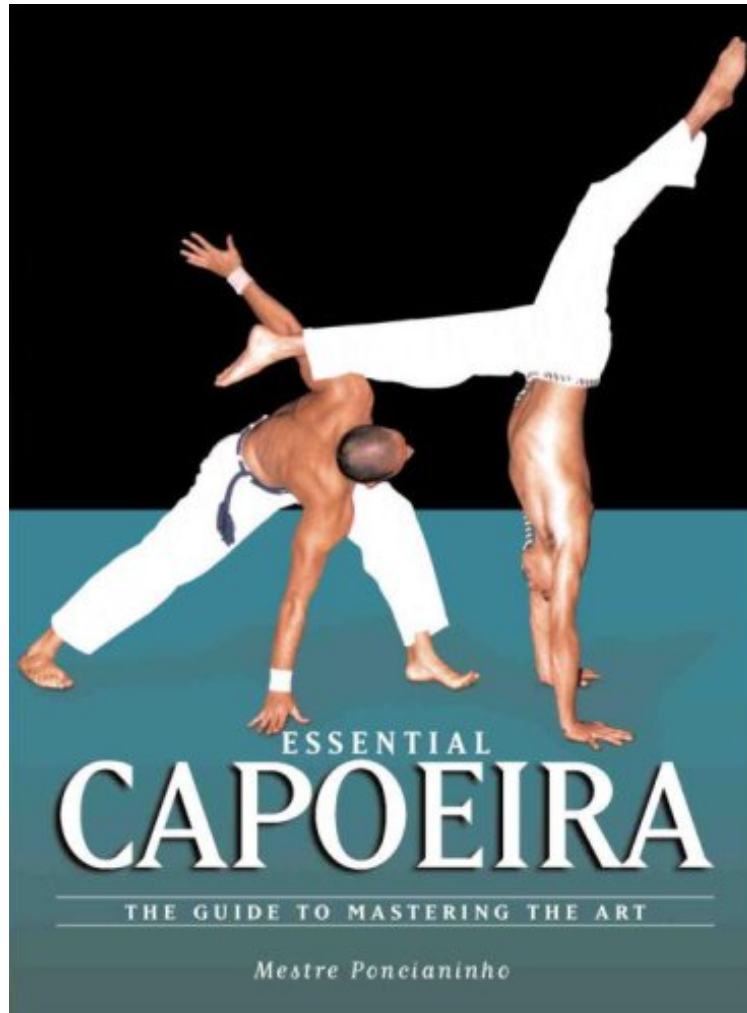


(Free and download) Essential Capoeira: The Guide to Mastering the Art

Essential Capoeira: The Guide to Mastering the Art

Mestre Ponchianinho

*audiobook / *ebooks / Download PDF / ePub / DOC*



DOWNLOAD



+

READ ONLINE

#803913 in Books 2008-01-29 2008-01-29 Original language: English PDF # 1 10.45 x .38 x 7.751, 1.06 #File Name: 1583941967128 pages | File size: 77.Mb

Mestre Ponchianinho : Essential Capoeira: The Guide to Mastering the Art before purchasing it in order to gauge whether or not it would be worth my time, and all praised Essential Capoeira: The Guide to Mastering the Art:

3 of 3 people found the following review helpful. Great book for a beginner capoeirista, especially from CDO By Customer This book gives a good overall history of capoeira, Grupo Cordeiro de Ouro (the capoeira group Mestre Ponchianinho belongs to), and some good basic capoeira movements to learn and supplement face-to-face instruction. Being an extended member of the CDO Family myself my opinion may be slightly biased, but if you are new to capoeira or want to learn more about CDO in general this is a nice book to have in your collection. This book also does a nice job of providing tips and pointers as to how to warm up and make moves a little easier. Overall a good book to have and supplement your capoeira training. 0 of 0 people found the following review helpful. Solid book! By Aldrich A detailed illustration of its content and it's a very concise explanation. The topics covered in this book are

great fundamentals to begin with and visualising how you can play your capoeira. 0 of 0 people found the following review helpful. Five Stars
By Customer
Awesome book!!!

Fun, different, and above all effective, capoeira is a unique dance-fight-fitness program enhancing strength, stamina, and flexibility training for the entire body. While there are many books on the subject, this one differs in being a succinct yet thorough discussion of the basics to engage even the nervous novice. In clear, accessible language, author Mestre Ponchianinho explains the aims and benefits of the discipline, along with its history, origins, and philosophy. He continues by introducing the two main styles along with the techniques of the most famous mestres. Easy-to-follow warm-ups, basic moves, defense and escape moves, kicks, training combinations, strengthening exercises, ground movements; and more advanced acrobatic movements are all described and illustrated in step-by-step photographs. The author discusses the self-defense aspects, the importance of music in capoeira, the significance of the bateria, the hierarchy within the tradition, the grading system, and much more. Unlike other martial arts disciplines, capoeira lets practitioners give play to their artistry as well as their physicality, in the process sharpening the mind and spirit while energizing and strengthening the body.

About the Author
Ponciano Almeida began studying capoeira in Brazil at the age of four and was teaching with the Cordao de Ouro school by the age of fifteen. An instructor and performer who appeared in Harry Potter and the Goblet of Fire, he lives in London.