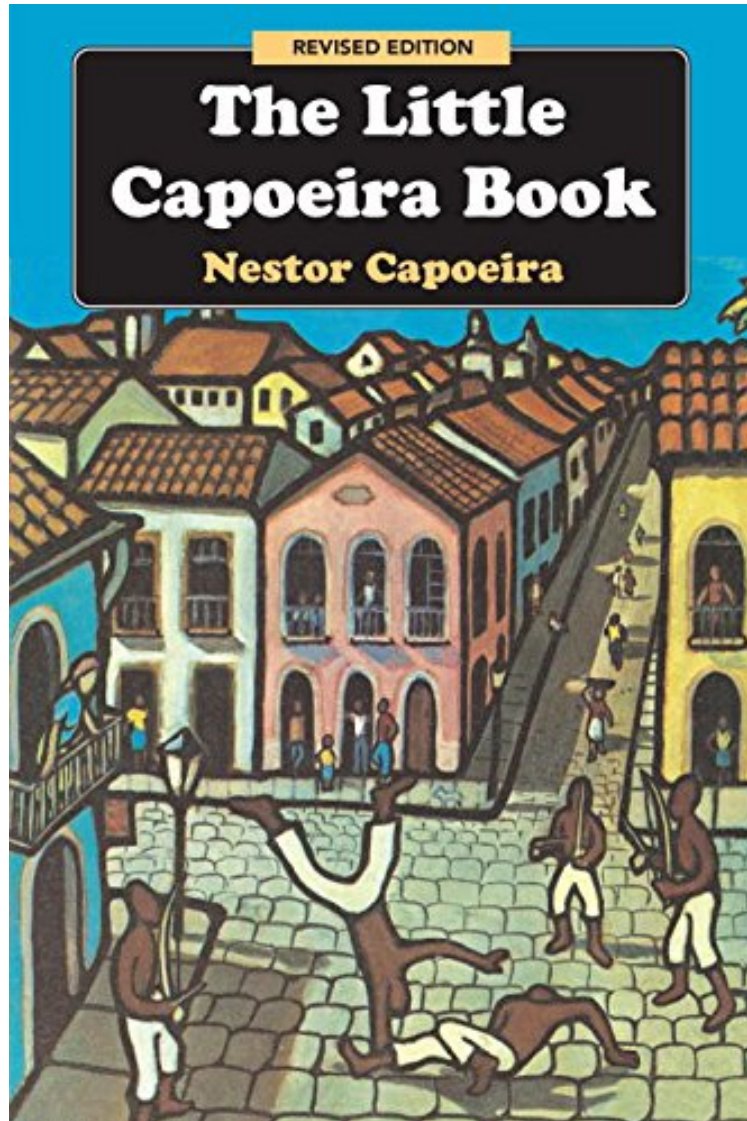


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## The Little Capoeira Book, Revised Edition

*Nestor Capoeira*

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#413619 in Books Capoeira, Nestor/ Ladd, Alex (TRN) 2007-12-26 2007-12-26Original language:EnglishPDF # 1 9.10 x .60 x 6.001, .79 #File Name: 1583941983240 pagesBlue Snake Books | File size: 74.Mb

**Nestor Capoeira : The Little Capoeira Book, Revised Edition** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Little Capoeira Book, Revised Edition:

0 of 0 people found the following review helpful. "The Little Capoeira Book" is one of the best Capoeira books out thereBy Regan Lu Shieh"The Little Capoeira Book" is one of the best Capoeira books out there; for its size, it is the best. Nestor Capoeira is able to condense a whole martial art and dance culture into a relatively small book. "The Little

Capoeira Book" starts by explaining the history of Capoeira, then explains some of the music briefly, goes really in-depth in describing the moves, has a glossary of Capoeira words, and the revised edition has some extra information about Capoeira in the more recent days. I highly recommend this book to anybody, but especially for those who are trying to learn Capoeira by themselves, to those who already know it but want to improve, to those who want to know more about Capoeira history, to those who want to start learning some Brazilian Portuguese...I give this book 5/5 stars!0 of 0 people found the following review helpful. Graceful Musical Dance SELF-DEFENSE +++By Kevin KierskyI frequently walk-by an amphitheater [semi-sunk arena] which is used frequently by some Capoeira folks to engage in their "Combat Dance" -- they look to be having a good time in their collective musical graceful "Dance". With Brazilian Jiu-jitsu so popular recently [for good reason], I am happy that another fine Art from Brazil [and Africa] has taken root in the world-at-large as well. The appearance of Capoeira as a graceful "Dance" may put-off some seekers of "direct self-defense" -- which may be exactly one of the purposes of this musical collective graceful "Dance". Some things are best hidden in clear view -- especially some precious things.As "The Little Capoeira Book" explains -- Capoeira is coming from a rich Africa-to-Brazil history, involving under-class folks who needed and wanted a way to survive and thrive via their ancestral skills -- in newer country to urban locales in Brazil. So it does appear as a "Dance" -- but does include some hard-core self-defense as good as any. Capoeira IS famous for its "Ground Dance" [which may or may not apply to mostly standing urban self-defense for "non-Dancers"]. The book under review shows quite a variety of these ground kicks, turns and twists. YET, as shown in this book, I see at least two other great aspects -- the standing-methods are fluid, clear and sharp -- and the "Ginga" seems especially worthy to me -- altho the basic "holding pattern" -- it looks to be a dynamic [moving] On-Guard -- in CYCLIC COUNTER-ROTATION -- with "wing elbows" always in front -- that could catch an unwary foe much like favorite Krav Maga elbow-slams. It is INGENIOUS to have "Ginga" as THE BASE for Capoeira. A fine presentation of the "Ginga" is on pages 62, 63 and 64 of "The Little Capoeira Book" under review. This fine book by Nestor Capoeira covers much ground to verify and further the above impressions of Capoeira. I really like Bimba's Sequences starting on page 86 [using the "Ginga"] and the section on [standing] TAKEDOWNS starting on page 108 +++8 of 8 people found the following review helpful. Every capoeirista should own it.By A CustomerThis book could almost serve as "the manual" for first year capoeira students. I only recently began training and it has been very helpful to me in my understanding of capoeira and the culture from which it developed. Brazilian culture is so much a part of what capoeira is all about that you can't separate the two. So for a gringo who has never been to Brazil it is important to learn as much about the culture as you can. I was also fortunate enough to meet the author recently and get him to autograph my copy. His words of wisdom help me get through some of my more difficult training sessions.

Nestor Capoeira, a long-time teacher of capoeira and noted mestre (master), begins this revised edition of his bestseller with an in-depth history of the Brazilian art, giving the most popular theories for the origins and purposes of this movement that combines the grace of dance with lethal self-defense techniques in a unique game-song structure. He discusses some of the most famous capoeiristas and their influence on the art. In addition, he describes how the two major branches of capoeira (Angola and Regional) came about and the differences between them. The Little Capoeira Books clear descriptions of the game, or jogo, explain the actual application of capoeira, vaguely similar to sparring but very different in purpose and style. The music of capoeira, which is played during all jogo, is also examined, along with its main instrument, the berimbau. The author includes a how-to guide with photographs showing basic moves for beginners, with offensive and defensive applications for simple kicks, takedowns, advanced kicks and movements, head butts, hand strikes, and knee and elbow strikes. Each technique is vividly depicted with drawings that are easy to understand and learn from, and mestre capoeira includes an explanation of both Angola and Regional versions.

Capoeirista, historian, sociologist, actor, author, teacher, and inquisitive traveler Nestor Capoeira presents the reader with a unique and personal vision of Capoeira. I hope all students of Capoeira will have the opportunity to use his teaching for their own growth and understanding of this art. Bira Almeida (Mestre Acordeon)Capoeira has been in the States for twenty years, but there are few books ... Nestors is of interest not only to capoeiristas, but musicians, anthropologists, and lovers of Capoeira. This book will help a new generation of capoeiristas on their path.Mestre Jelon VieiraLanguage NotesText: English (translation) Original Language: PortugeseAbout the AuthorNestor Capoeira, a man of great humor and insight, is a mestre and long-time teacher of capoeira and the author of Capoeira: Roots of the Dance-Fight-Game and A Street-Smart Song: Capoeira Philosophy and Inner Life. He was initiated by Mestre Leopoldina, a living legend. Later he joined the Senzala Group and in 1969 received the coveted red rope, Senzalas highest graduation. In 1990 he left Sanzala and started to teach his personal approach to the Game at his own school. He has been a pioneer in teaching capoeira in Europe, and his books have been published in Brazil, France, Denmark, Germany, and the United States, among other countries. He has worked in film, theater, and television, and currently teaches at the Planetario da Gaveae in Rio de Janeiro, Brazil.