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The Little Capoeira Book s 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.

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The book then moves on to Brazil to experience capoeira in its historic birthplace, where it dates back four hundred years. Capoeira developed as a way of fighting among enslaved Africans, was outlawed by the government, and was permitted once again in 1930 as a martial art and game.

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Capoeira Wikipedia

The Little Capoeira Book. Translated by Ladd, Alex. North Atlantic. ISBN 1-55643-440-5. Talmon-Chvaicer, Maya (2007). The Hidden History of Capoeira: A Collision of Cultures in the Brazilian Battle Dance. University of Texas Press. ISBN 978-0-292-71723-7.

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Ebook The Little Capoeira Book by Nestor Capoeira

So I am sharing this good Capoeira Ebook: The Little Capoeira Book by the famous Nestor Capoeira to help you guys understand better about Capoeira. Nestor Capoeira gained his title as a Mestre from Grupo Senzala, in this book he also explained a lot about the history of Grupo Senzala.

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The first book I got was The Little Capoeira Book by Nestor Capoeira. It was the only book about capoeira which had been translated in my language. Back then I was lucky enough to stumble upon it in a regular bookstore.

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The philosophy of capoeira, and the practical and spiritual benefits of this philosophy, are also discussed.

Instructions and exercises in intermediate and advanced skills take up where the author's previous book left off.

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