



The Little Capoeira Book

Nestor Capoeira

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The book starts off by giving an in-depth history of the Brazilian art of Capoeira. The last half of the book deals with the movements and techniques of Capoeira, including: offensive and defensive movements, basic kicks, takedowns, advanced kicks and movements, head butts, hand strikes, and knee and elbow strikes. Each of the techniques and maneuvers are vividly depicted by drawings that are very easy to understand and learn from. There is also an explanation of both Angolan and Regional versions of most of the techniques. This book gives a very good description of the history, game, and philosophy of Capoeira. The book contains diagrams showing various positions and movements and discusses attacking and defending strategies and the critical aspects of feinting. Over 100 photographs and illustrations are included.

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