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as a dance this book describes the history and practice behind the fighting system and art form'

'capoeira

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'the afro brazilian art of capoeira myth legend ritual

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May 22nd, 2020 - capoeira is a brazilian fight dance game and martial art created by enslaved africans during the 19th century nestor capoeira 2003 participants form a

roda circle and take turns playing instruments singing and sparring in pairs in the centre of the circle the game is marked by fluid acrobatic play feints subterfuge and extensive use of groundwork as well as sweeps kicks and"

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'who are we capoeira angola falmouth

March 26th, 2020 - capoeira is an afro brazilian art form it bines music and movement ritual and tradition history and philosophy trickery and creativity in a circle of song and expression we teach and practice capoeira angola a style of capoeira practiced by the old masters and we aim to preserve and maintain their teachings in order to keep alive their traditions and beliefs'

'atabaque

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