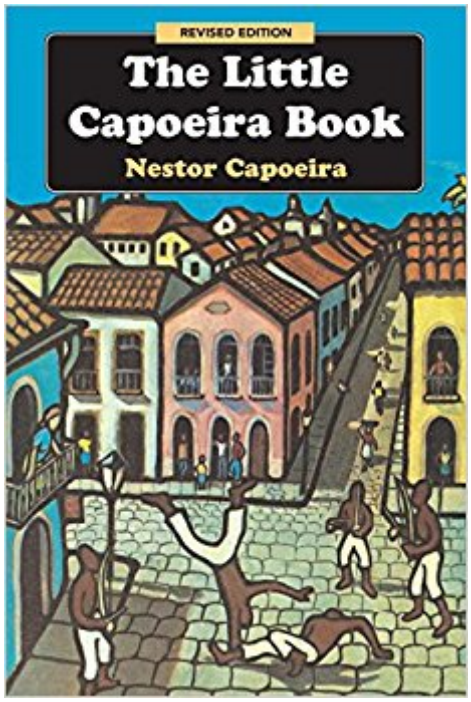
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The Little Capoeira Book, Revised Edition



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Synopsis

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 capoeristas 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 BookÃ¢â ¬â„¢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. 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.

Book Information

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Customer Reviews

Ã¢â ¬Å“Capoeirista, historian, sociologist, actor, author, teacher, and inquisitive traveler Nestor Capoeria 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.Ã¢â ¬Â• Ã¢â ¬â •Bira Almeida (Mestre Acordeon)Ã¢â ¬Å“Capoeira has been in the States for

twenty years, but there are few books ... NestorÃ¢â ¬â„¢s 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.Ã¢â ¬Â•Ã¢â ¬â •Mestre Jelon Vieira

Text: English (translation) Original Language: Portugese --This text refers to an out of print or unavailable edition of this title.

"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 indepth 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!

I 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 Jiujitsu 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 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 +++

This 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.

Its is a amazing book with great information if you are looking to learn about capoueira

YESSSS!!!!! Get it!!!

Great book!

Awesome book, good for beginner capoeiristas, or for people like me who try to teach themselves capoeira lol

An awesome book to introduce the culture and philosophy of Capoeira to beginners and inquirers.A must read for any new capoeirista.

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