



The Little Capoeira Book, Revised Edition

Nestor Capoeira

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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 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*.

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.

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Jonathan Hickman:

Playing with family in the park, coming to see the marine world or hanging out with close friends is thing that usually you could have done when you have spare time, in that case why you don't try factor that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love The Little Capoeira Book, Revised Edition, you could enjoy both. It is very good combination right, you still wish to miss it? What kind of hang type is it? Oh can happen its mind hangout fellas. What? Still don't understand it, oh come on its referred to as reading friends.

Ron Taylor:

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