

Capoeira: Roots Of The Dance-fight-game - Nestor Capoeira

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Capoeira is simultaneously a dance, a fight, and a game. Created by the Africans brought to Brazil as slaves beginning in 1500, capoeira was forbidden by law but survived underground. When open practice was allowed in the 1930s it soon became very popular. Capoeira came to America around 1975, and has become widely recognized by dancers and martial artists. The author discusses capoeira's evolution from Brazilian street play into a way of life. 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. The book includes 100 black-and-white photos and illustrations. Author: Capoeira, Nestor Publisher: Blue Snake Books Illustration: Y Language: ENG Title: Capoeira: Roots of the Dance-Fight-Game Pages: 00376 (Encrypted EPUB) On Sale: 2012-09-04 SKU-13/ISBN: 9781556434044 Category: Sports & Recreation : Martial Arts & Self-Defense

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