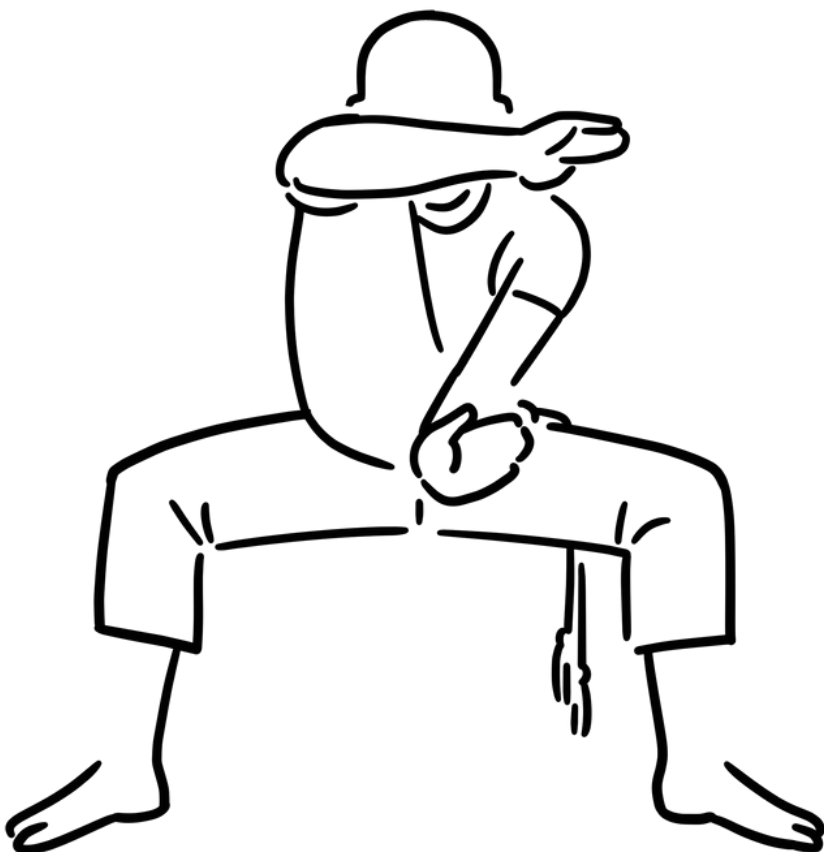




CAPOEIRA ELEMENTS

Ideal Capoeira Europe



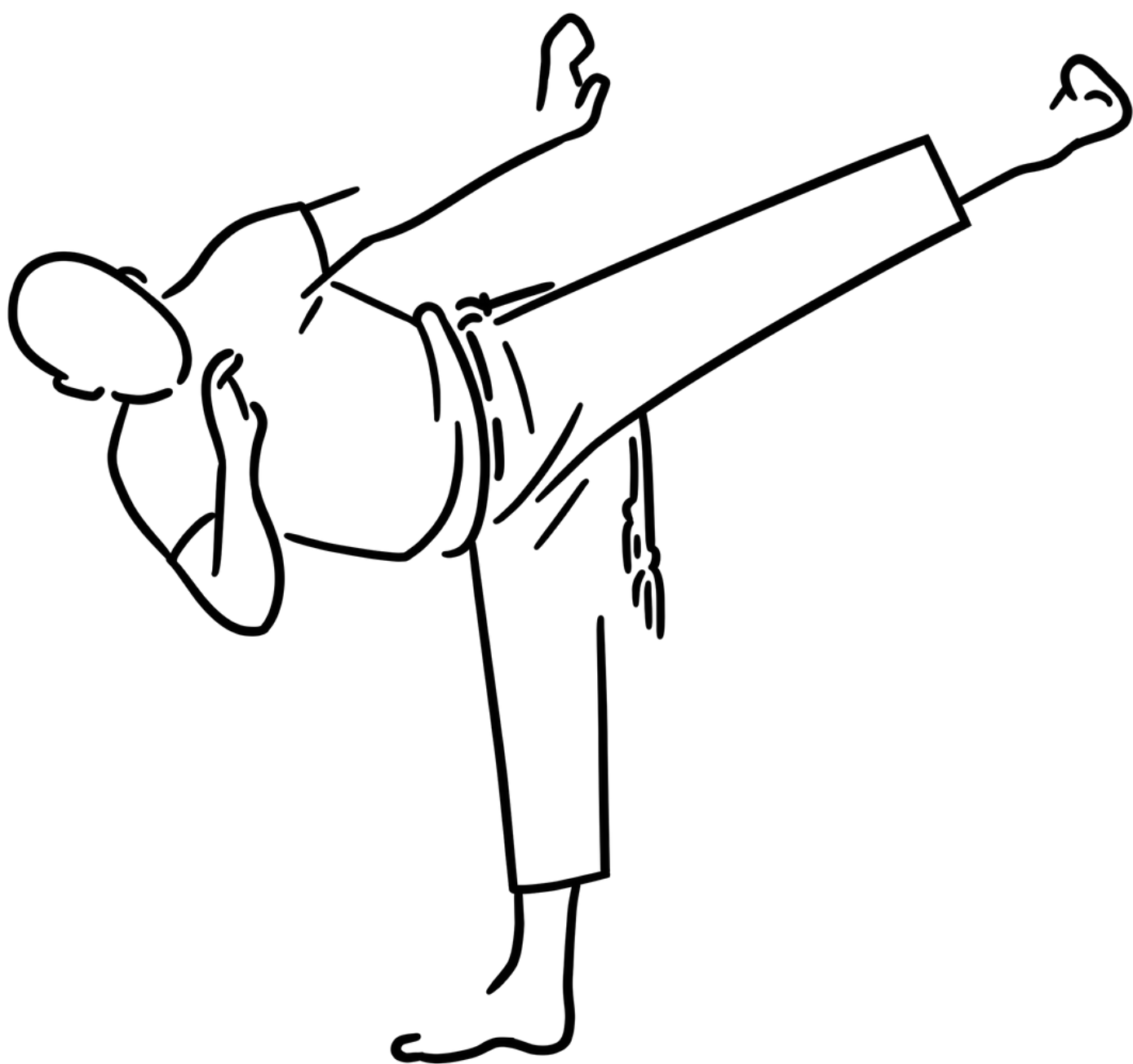
CADEIRA



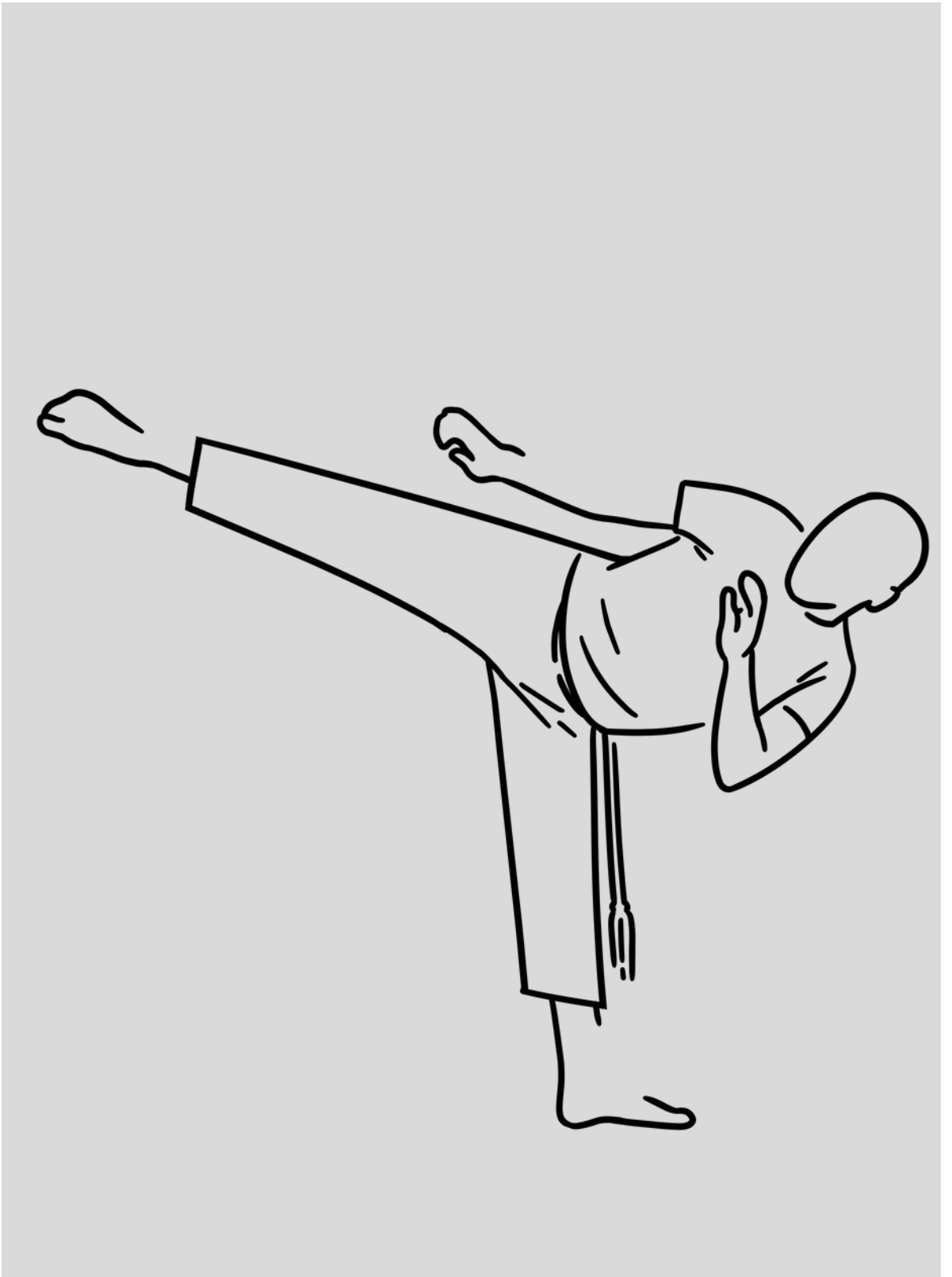
GINGA
POSIÇÃO

**MEIA LUA
DE FRENTE**



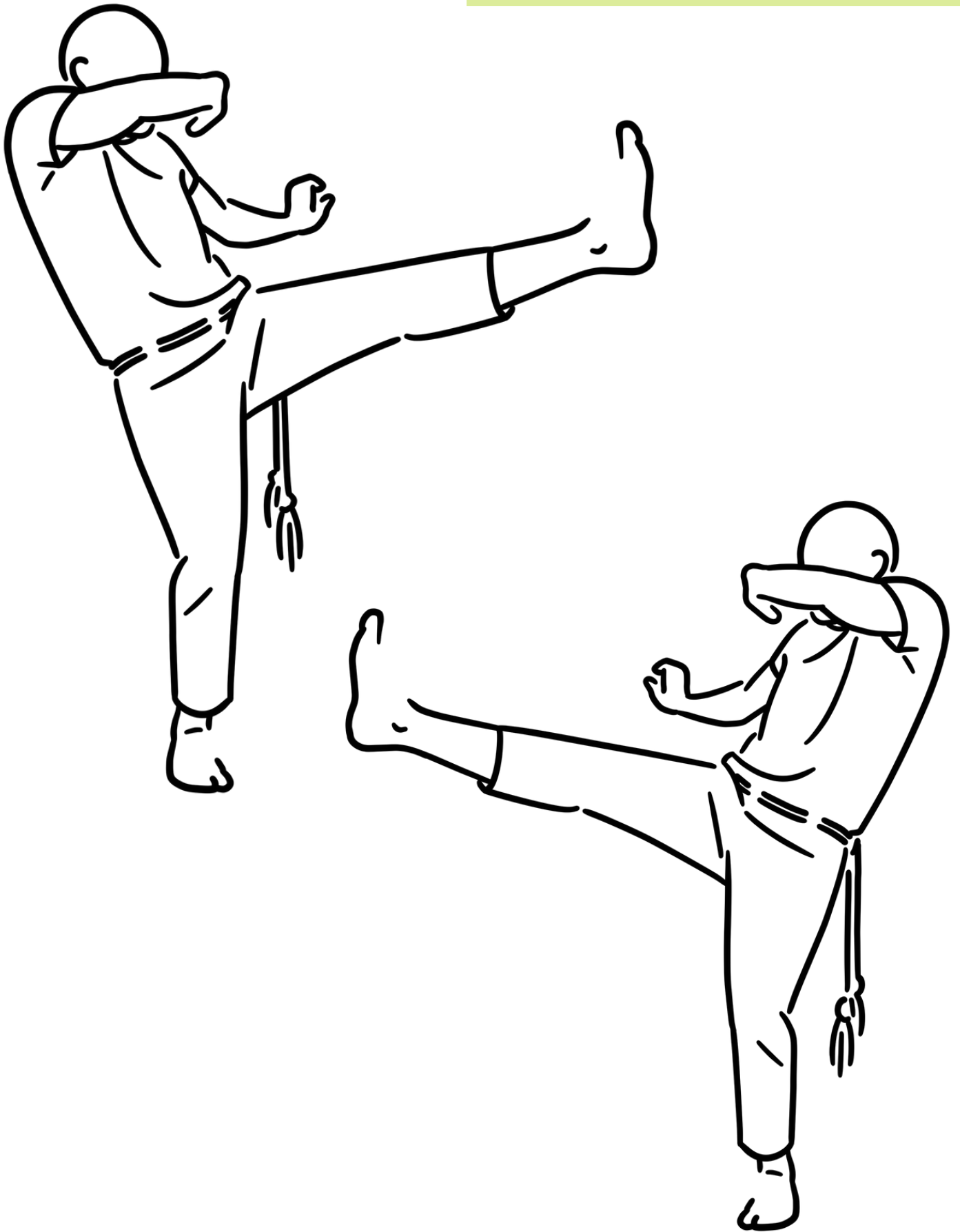


CHAPA



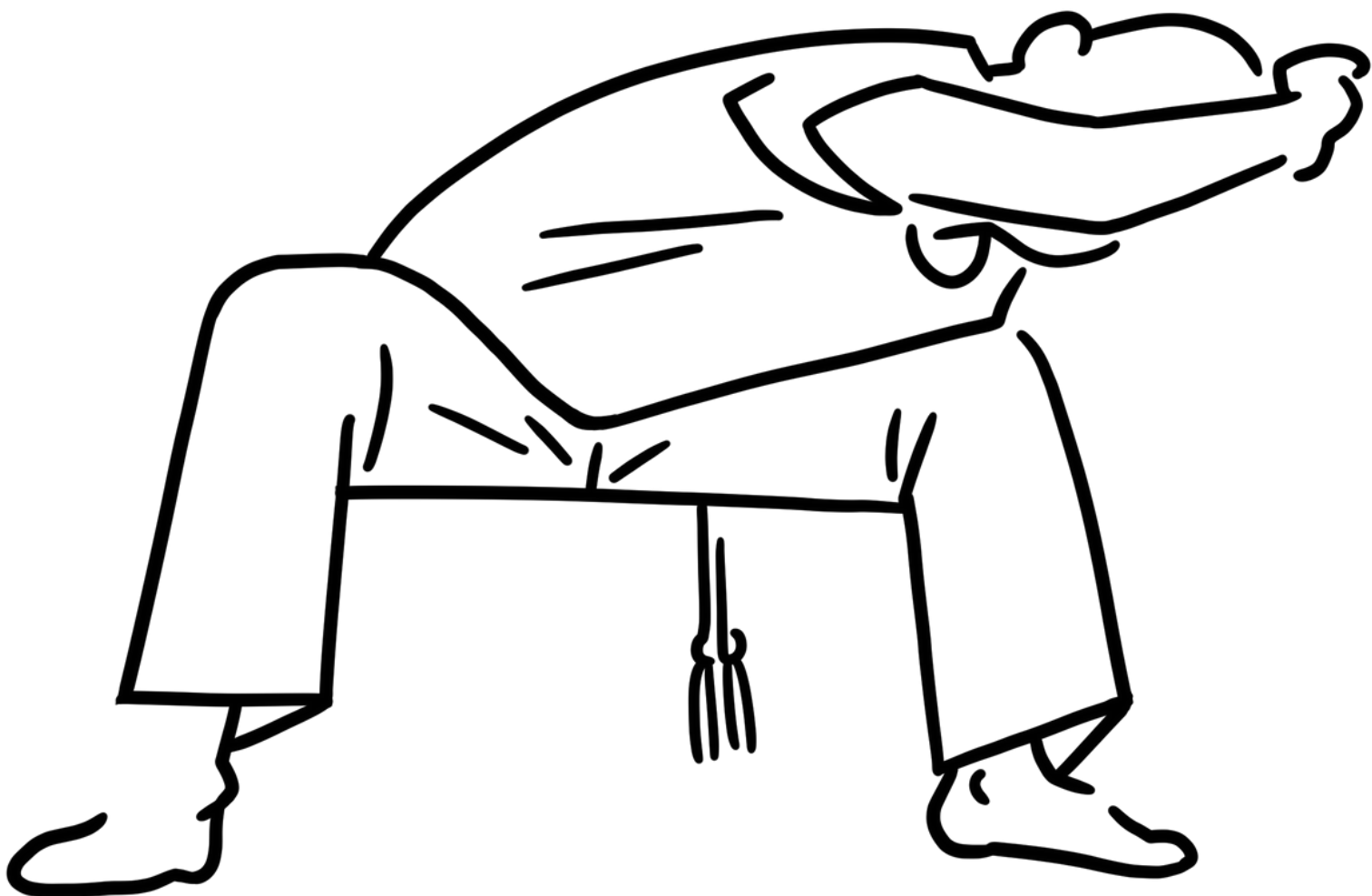
MARTELO

BENÇÃO

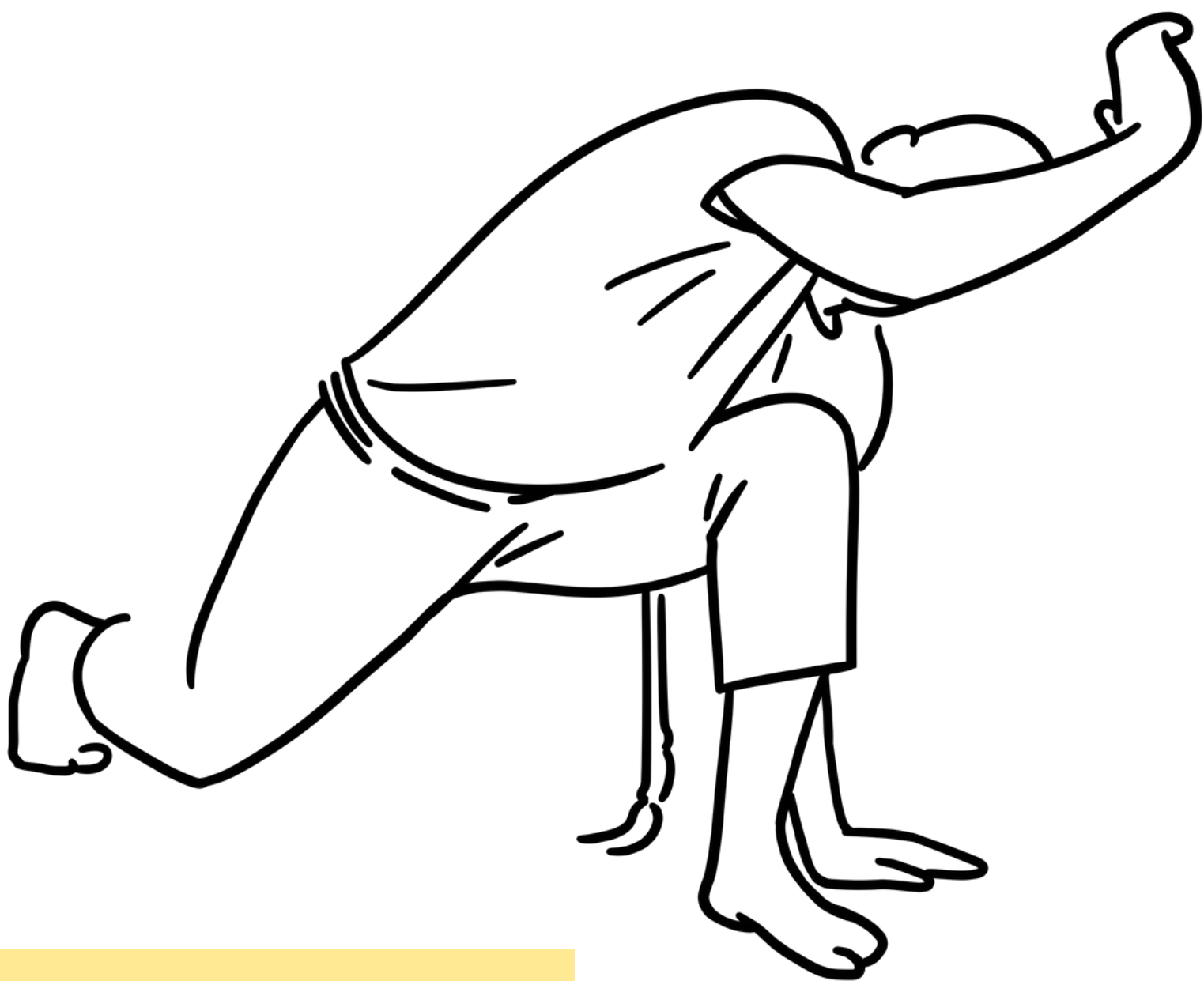


MEIA LUA DE COMPASSO



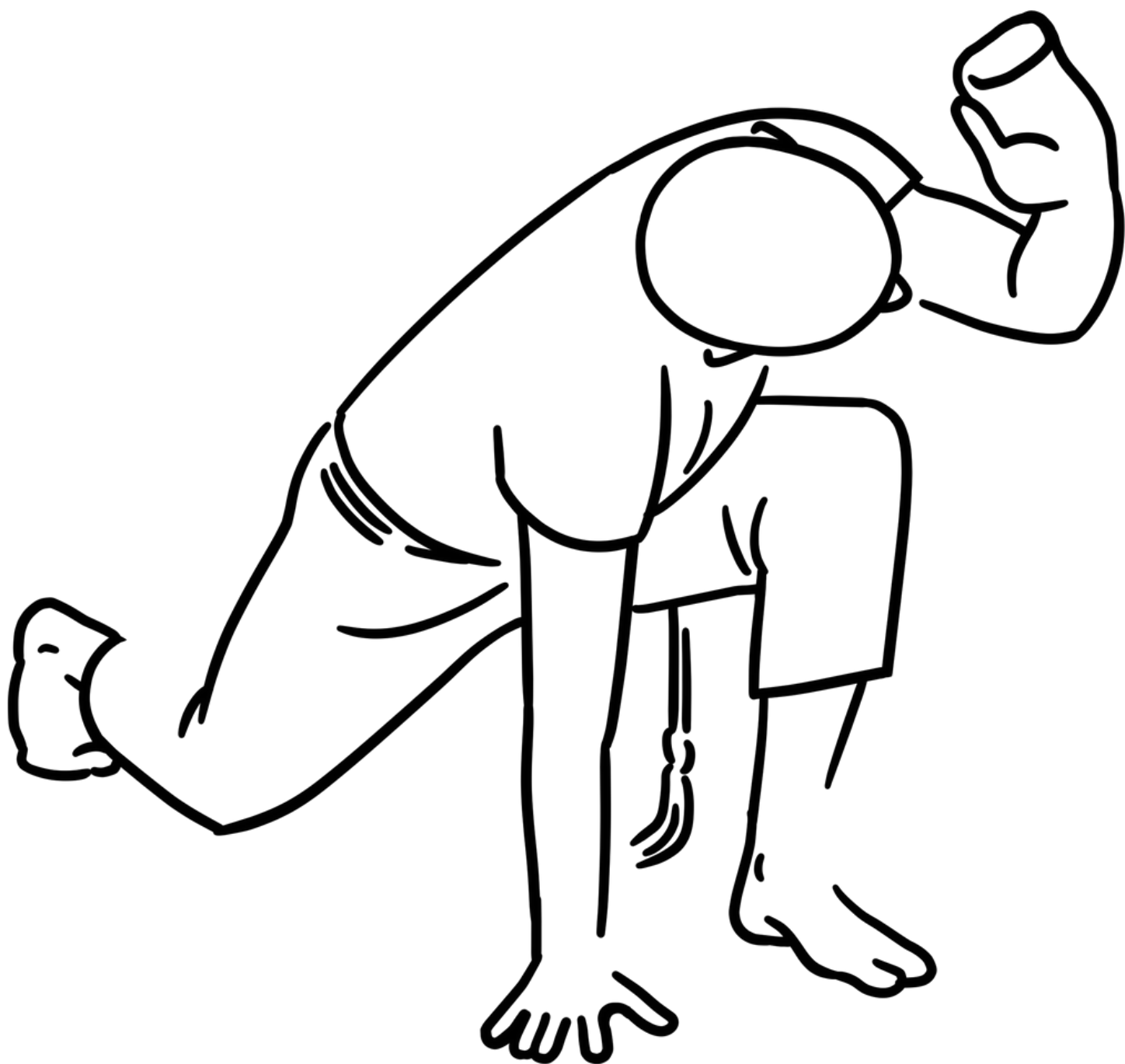


ESQUIVA NA
CADEIRA

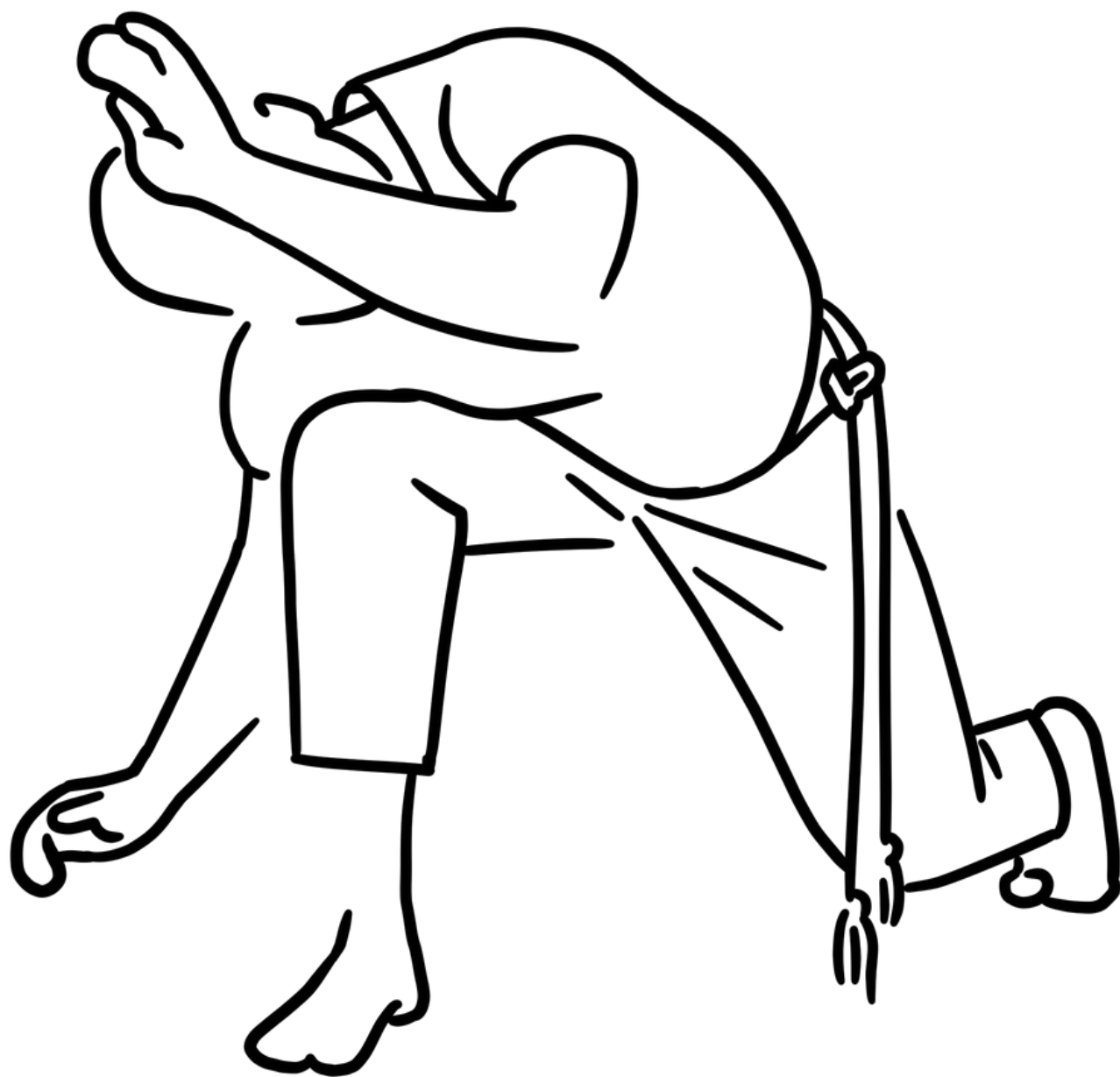


DESCIDA BÁSICA

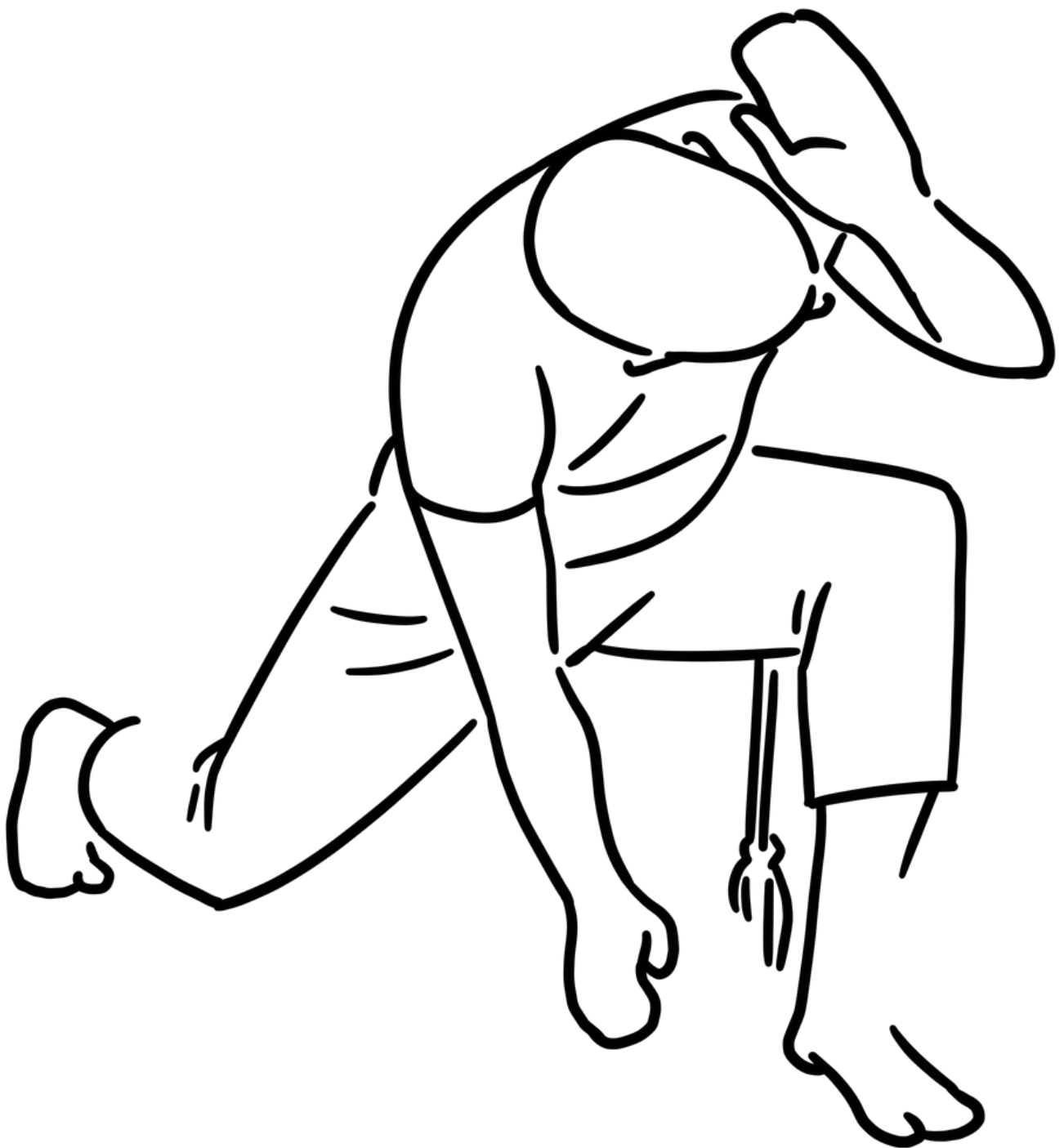
DESCIDA BÁSICA INVERTIDA

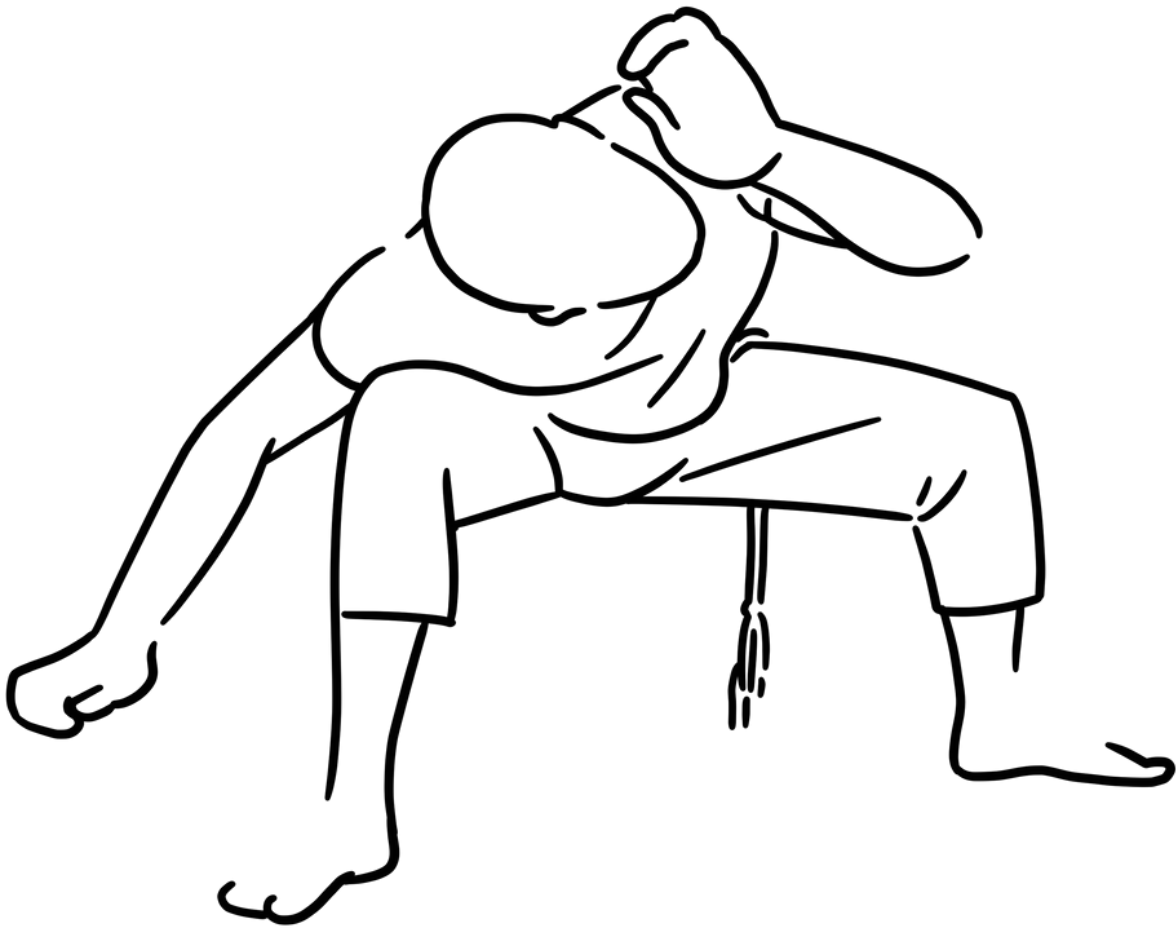


ESQUIVA DE FRENTE



**ESQUIVA DE
FRENTE
INVERTIDA**



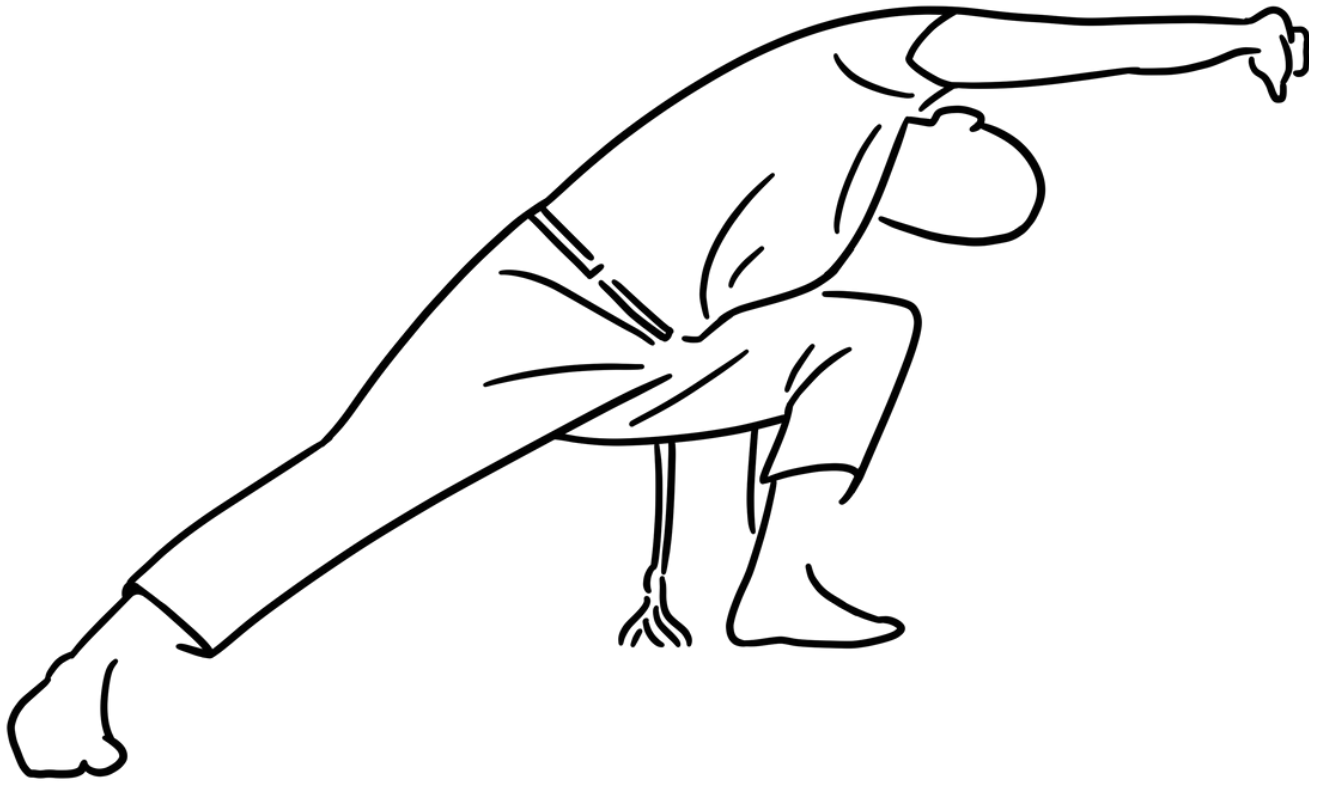


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DIAGONAL

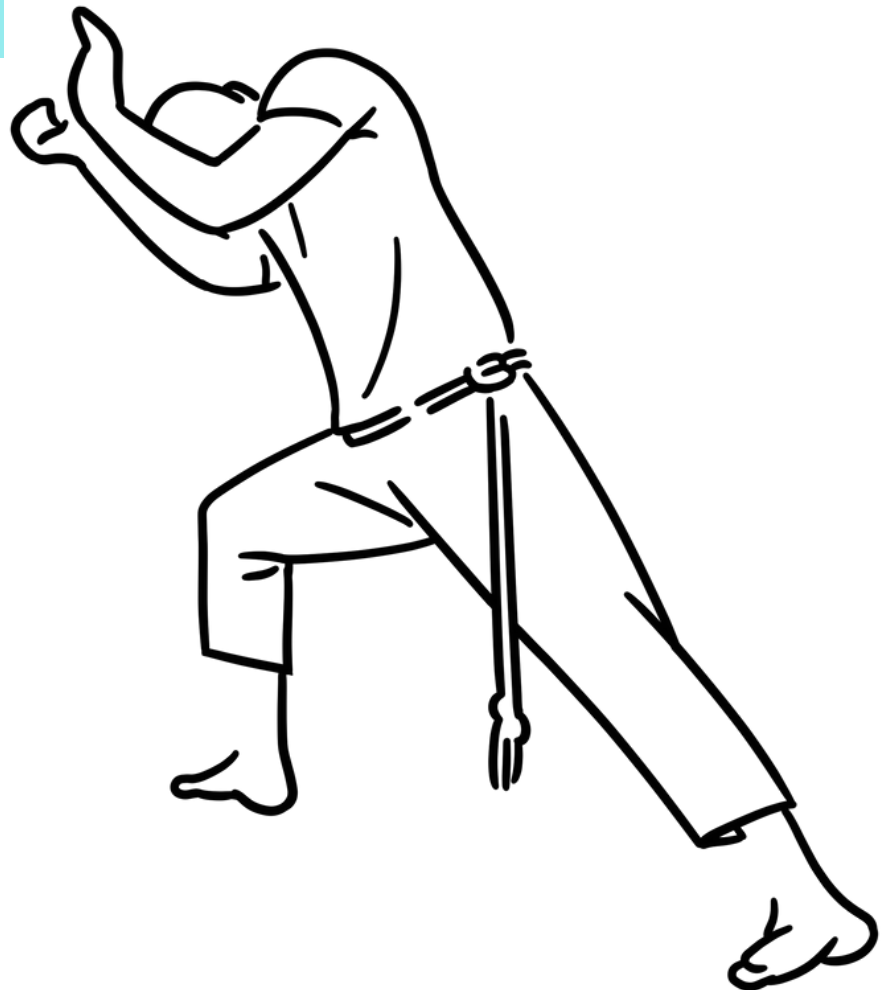


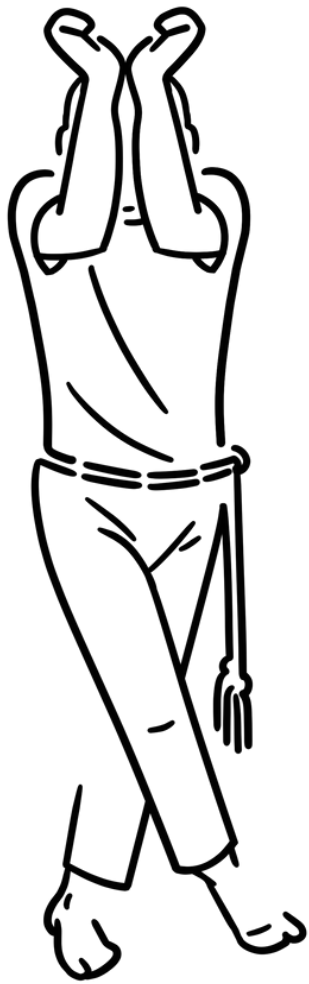


**ESQUIVA
DE LADO**

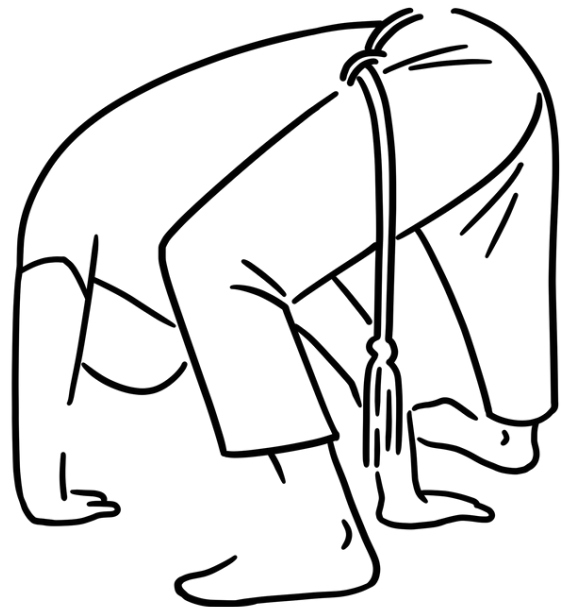


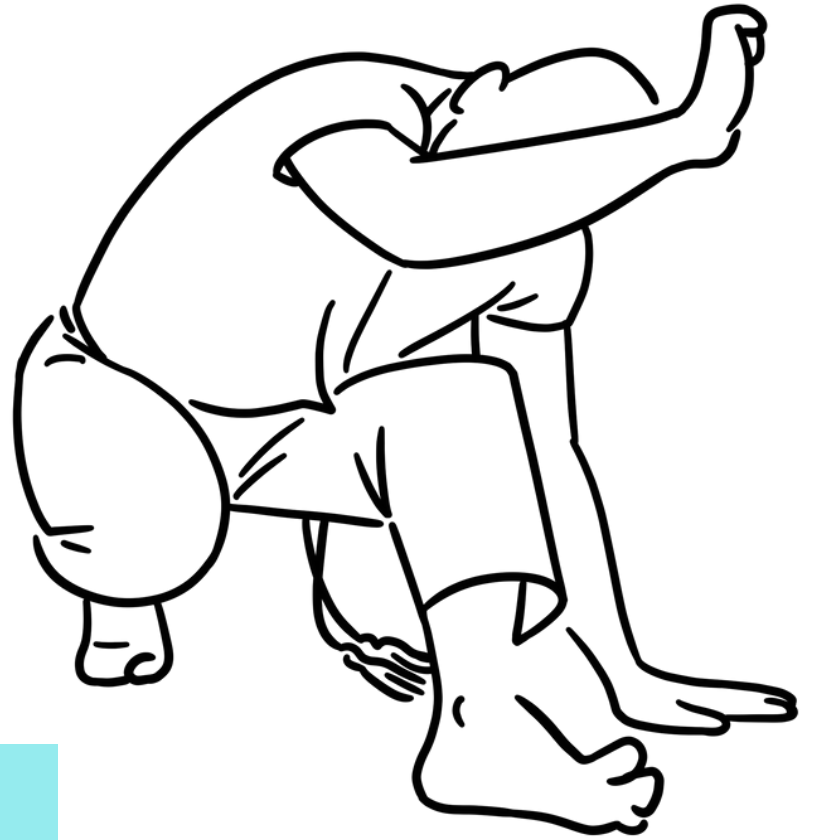
RASTEIRA



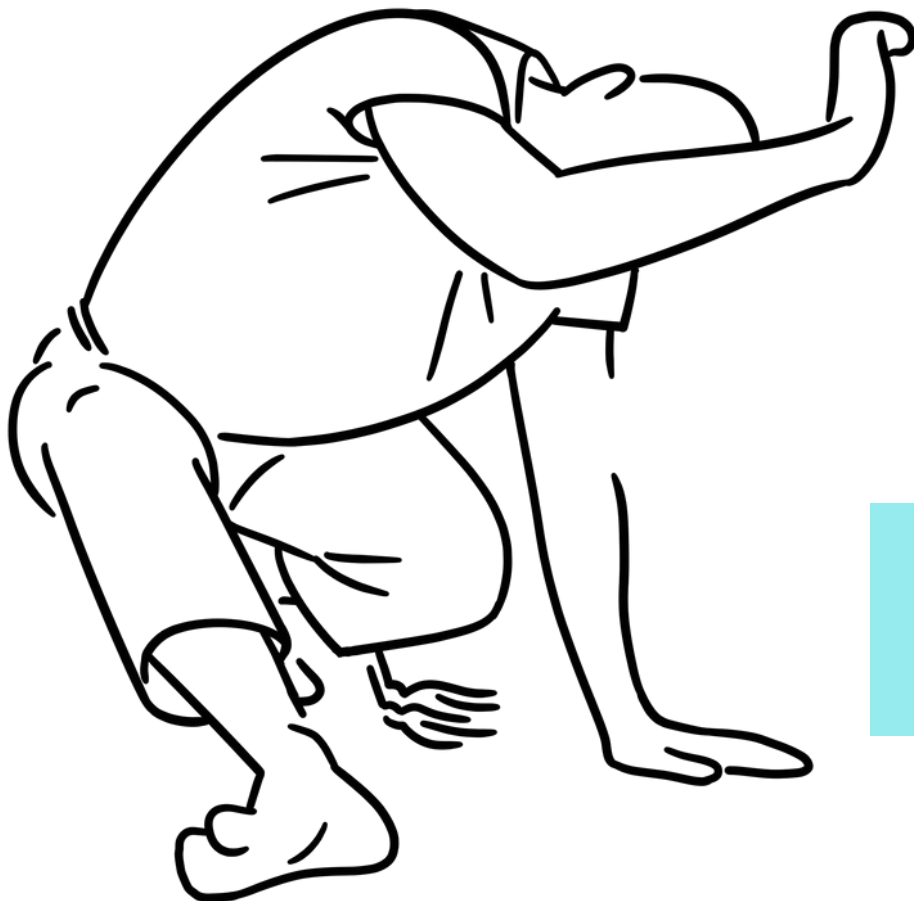


**FINTAS E
ENTRADAS**

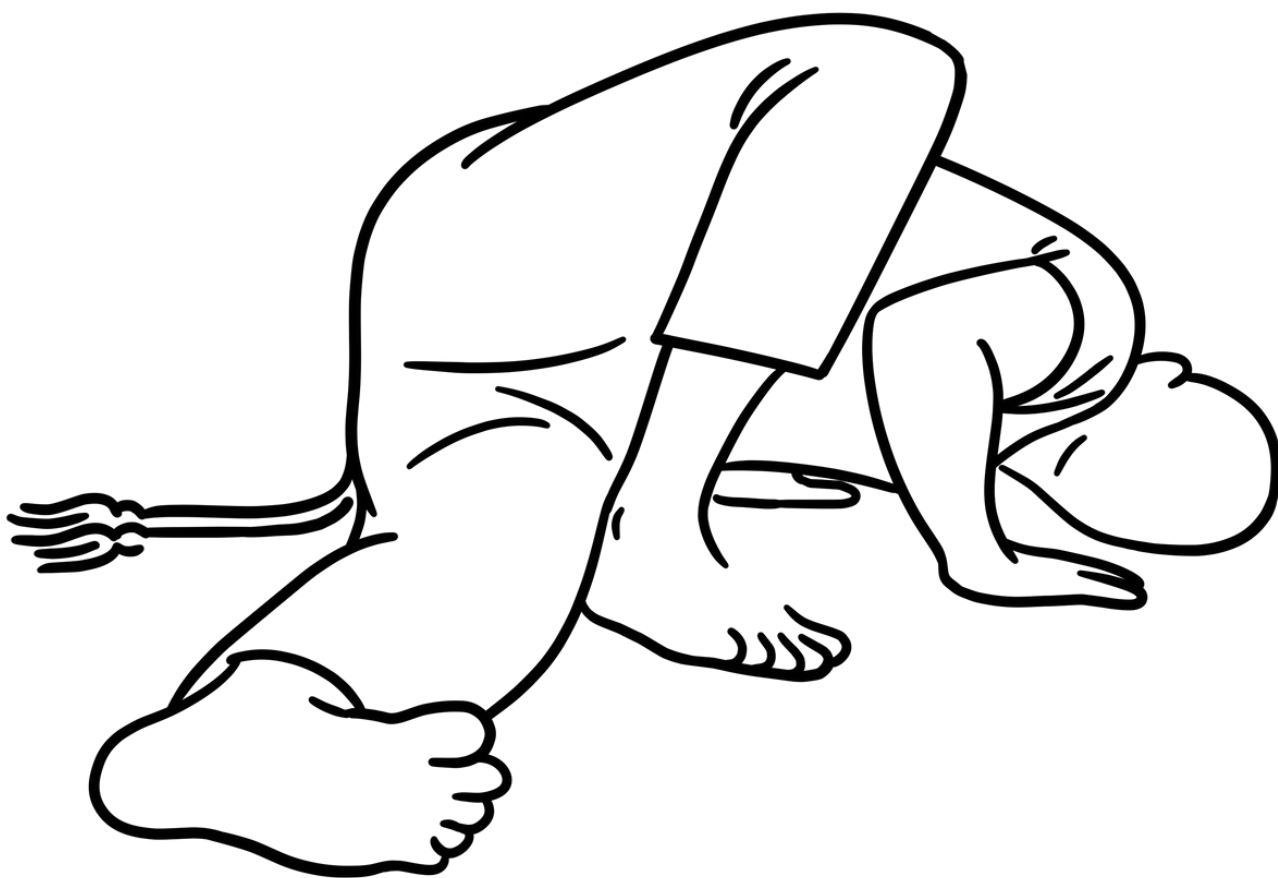




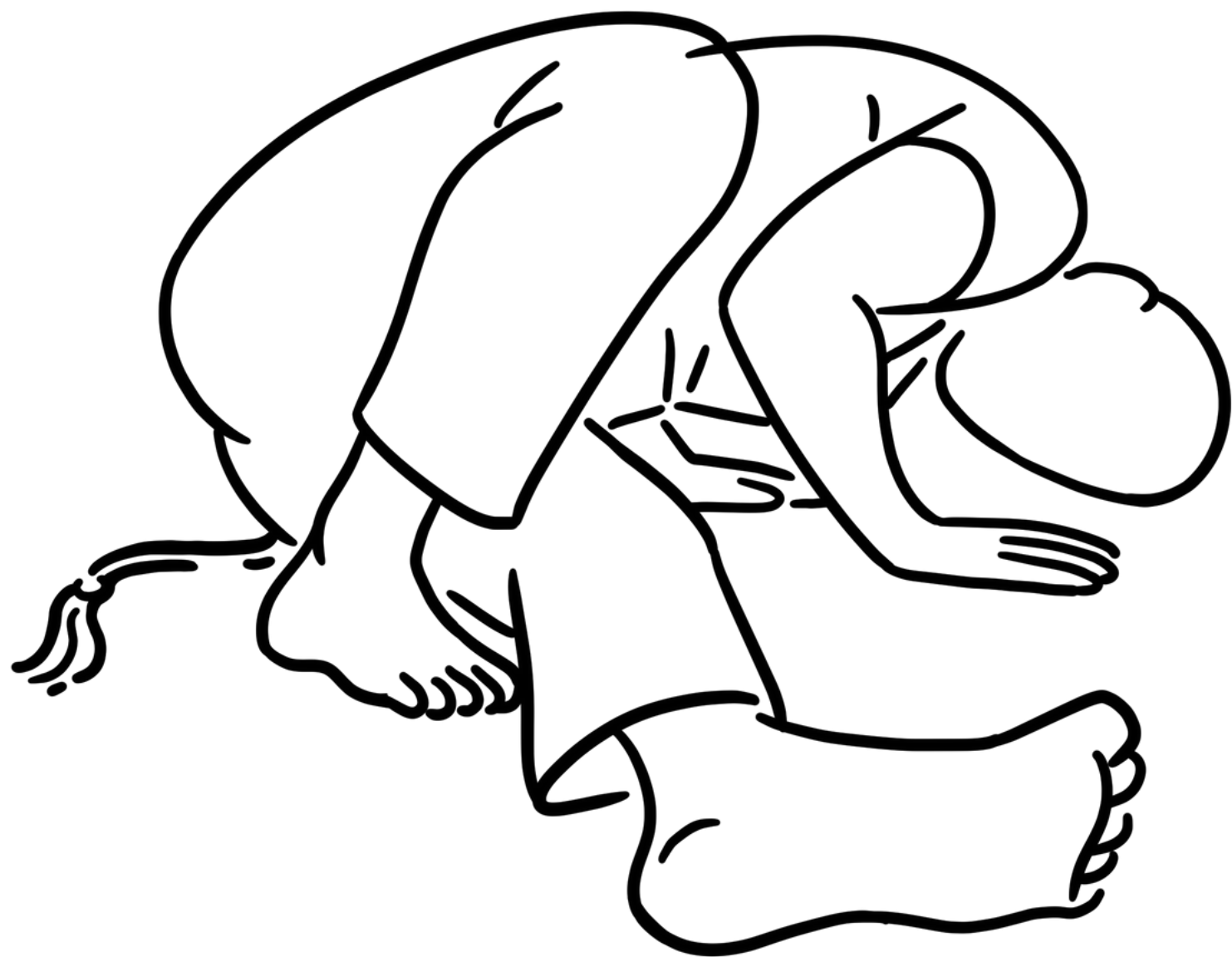
NEGATIVA



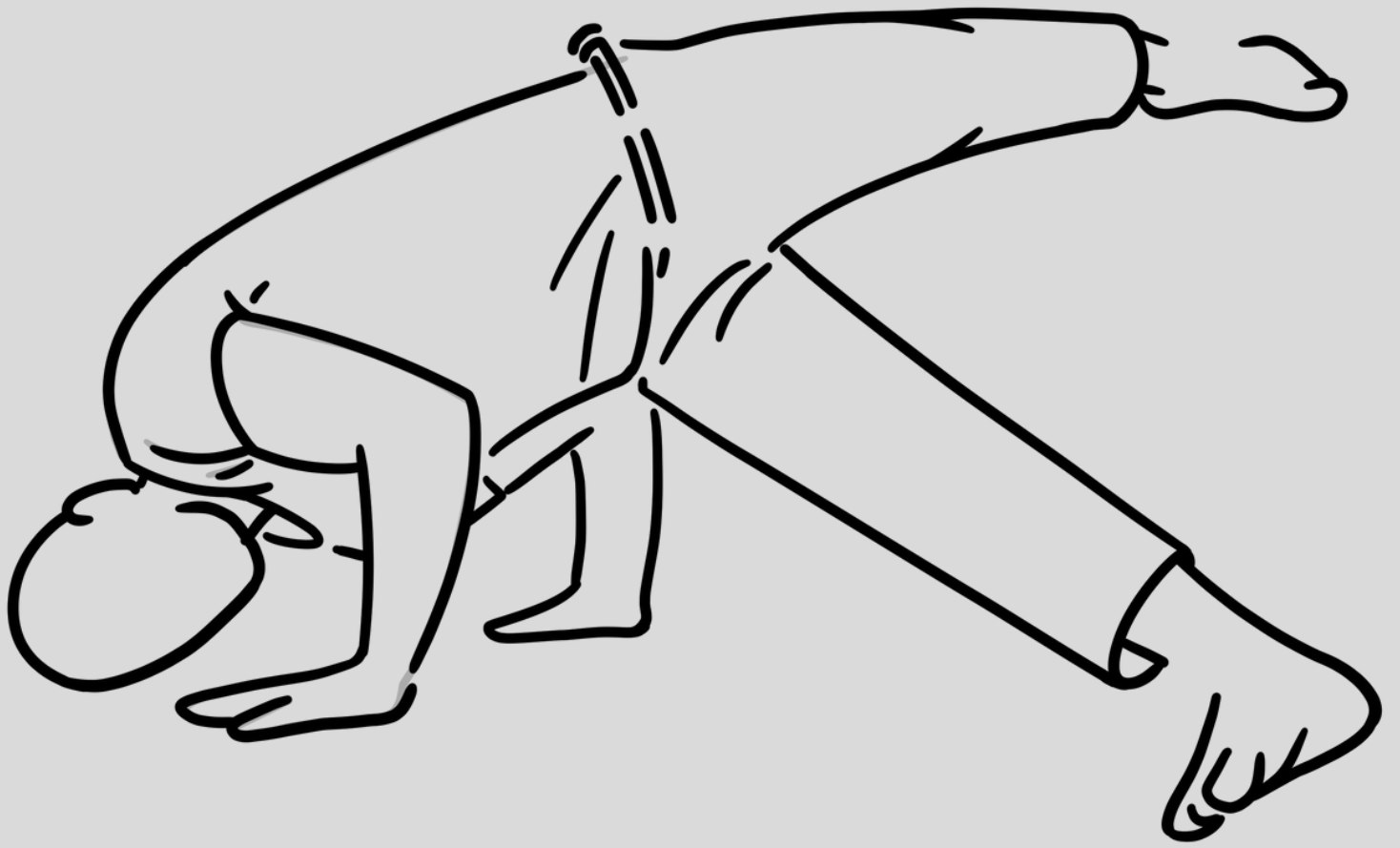
**NEGATIVA
INVERTIDA**



TRANÇA



**NEGATIVA DA
REGIONAL**

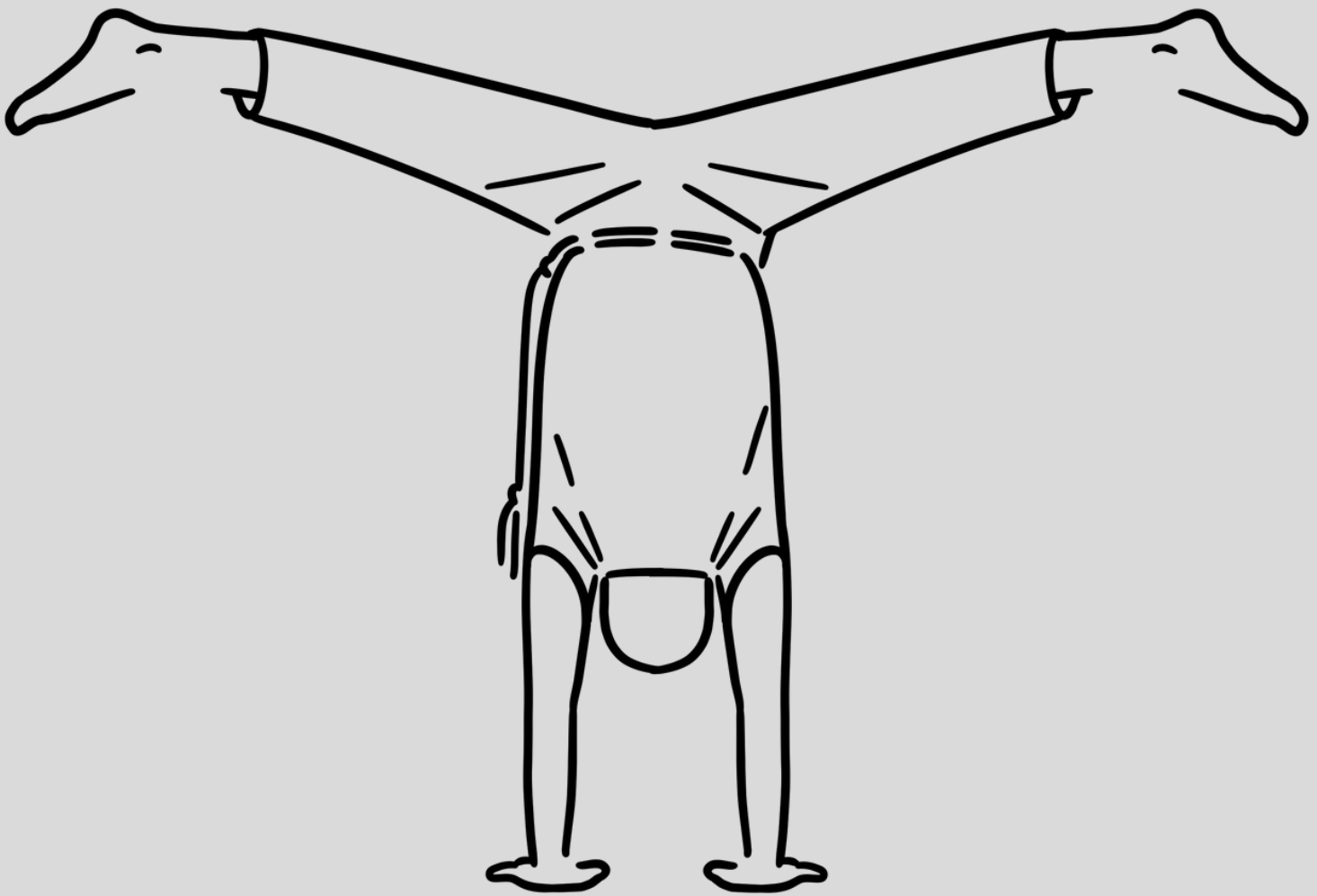


QUEDA DE RINS

AÚZINHO



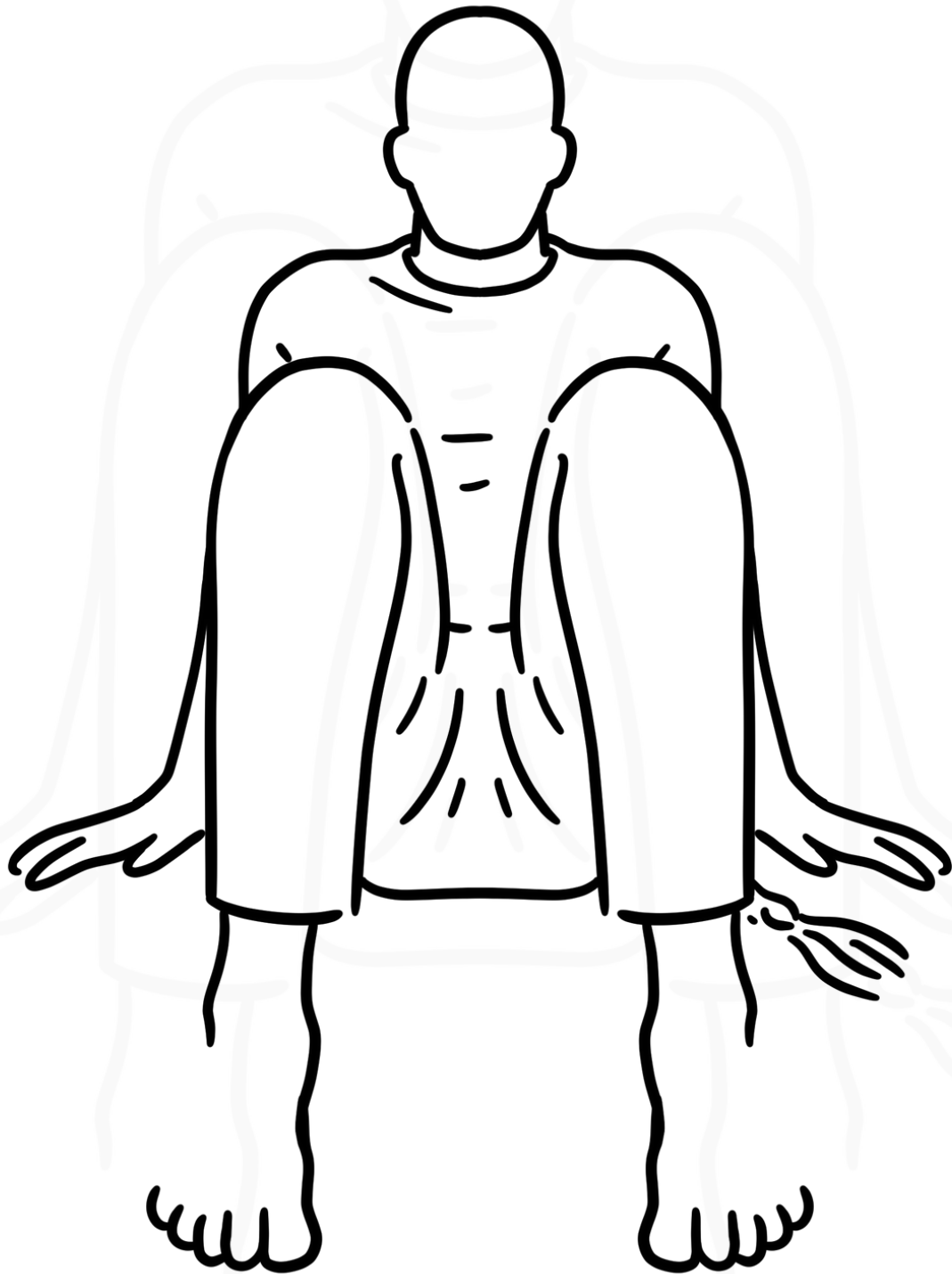
AÚ



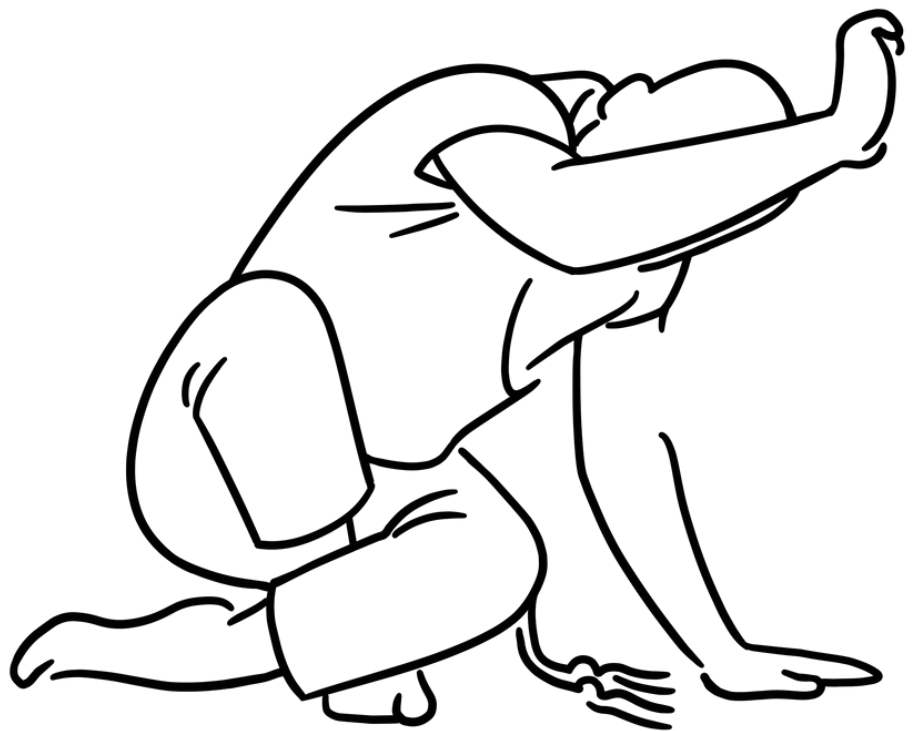
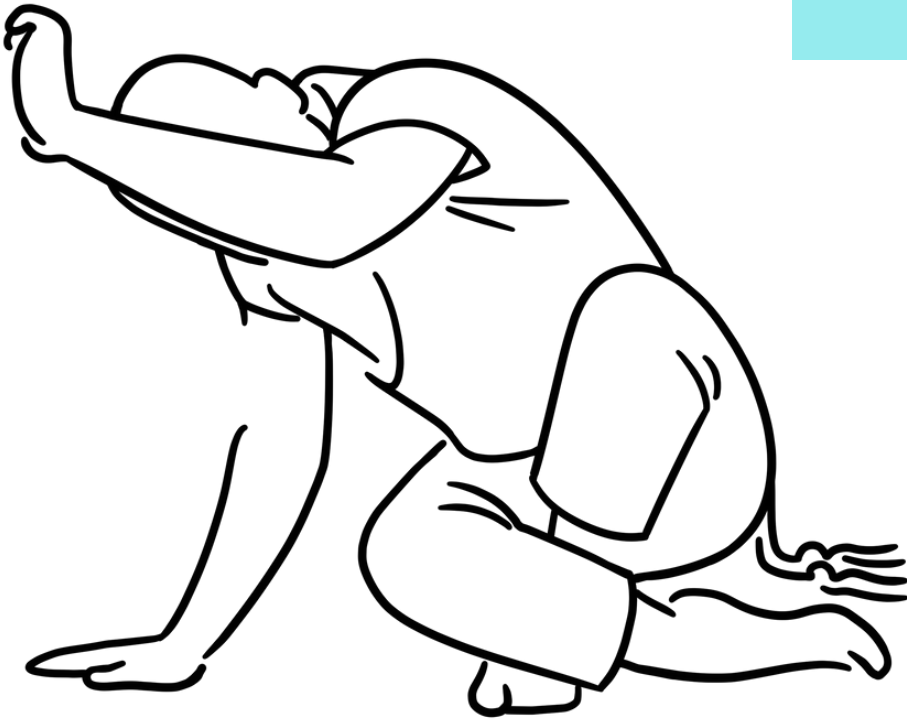
QUEDA DE TRÉS



QUEDA DE QUATRO

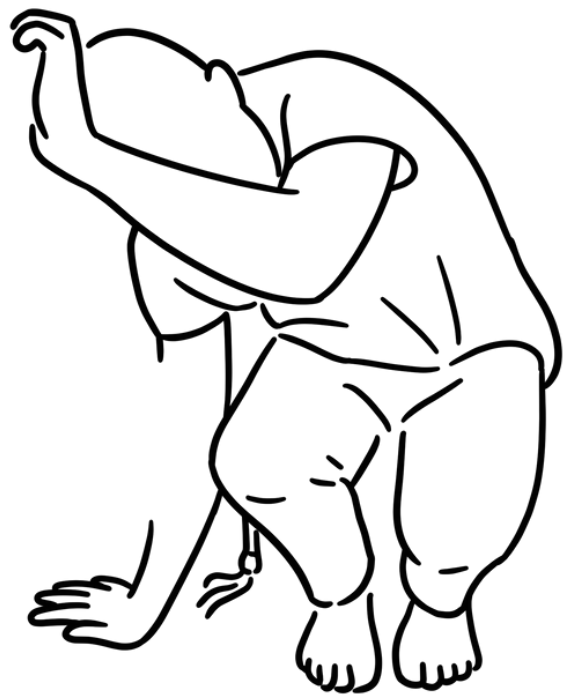


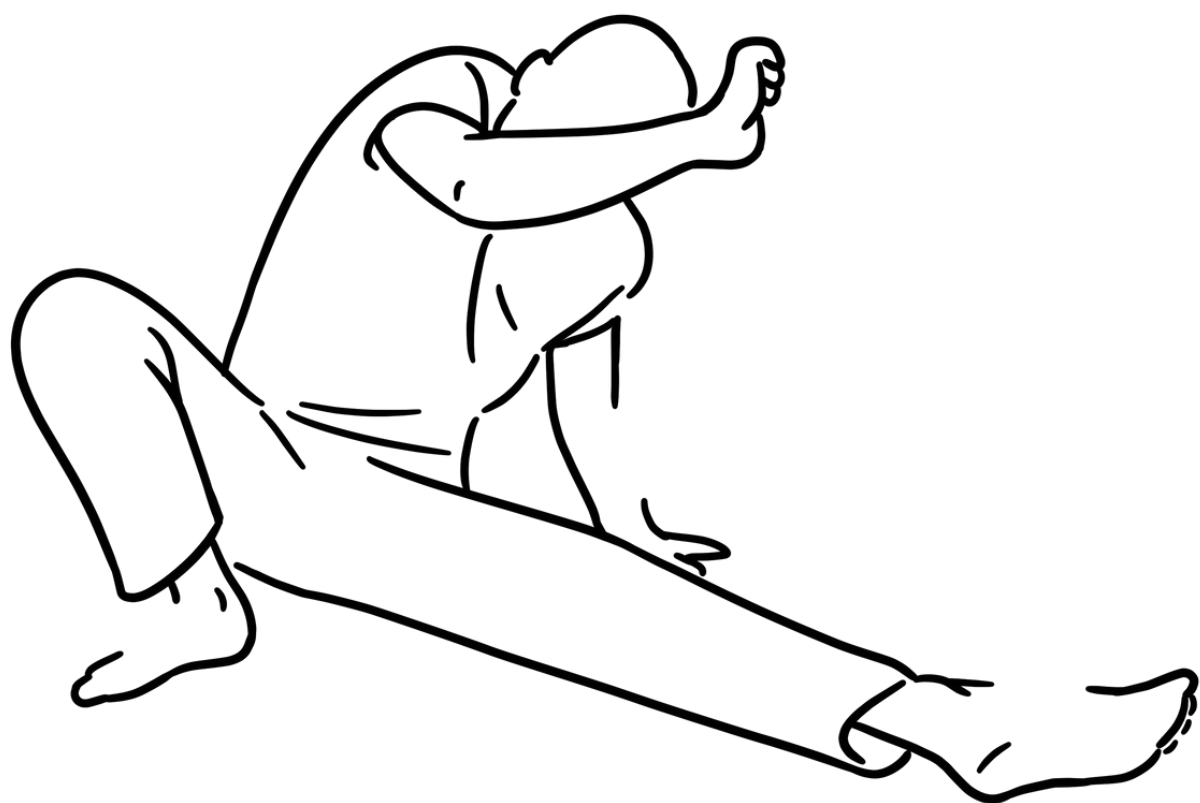
BOTE



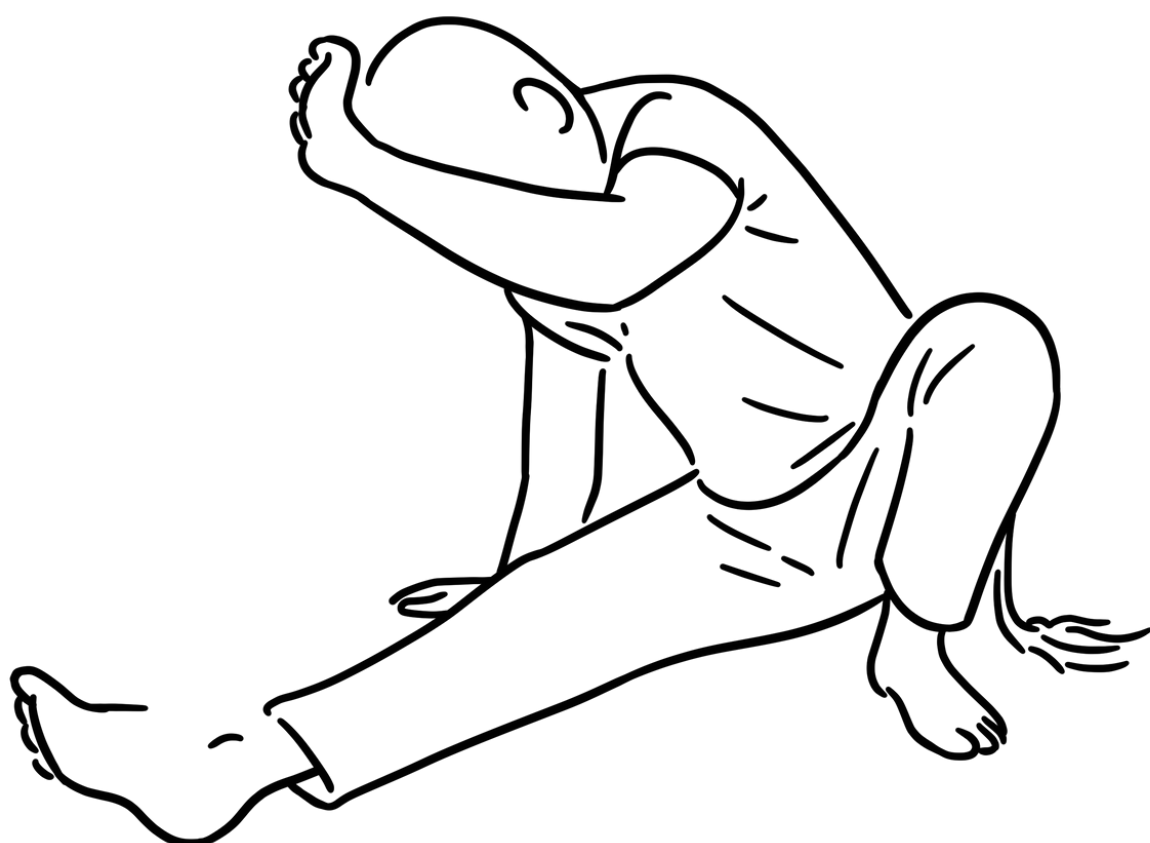


RESISTÊNCIA





MEIO V





CAPOEIRA ELEMENTS

**IDEAL
CAPOEIRA**