

1. The word 'Capoeira' comes from which word from the Tupi Indian language?

Ka puera

Cabuaira

Copo era

Kapoira

Ka puera

'Ka puera' refers to the clearing in the woods where trees had been cleared for planting, but the slaves discovered them useful for hiding out to practice Capoeira. Capoeira combines dance, gymnastics, music, and martial arts, into one sport, that is now known worldwide. Unlike many martial arts, Capoeira is played not to injure, but to outsmart and trick your opponent.

2. Who invented Capoeira?

Brazilian dancers

Peasants

Gangs

African slaves in Brazil

African slaves in Brazil

African slavery in Brazil began between 1500 and 1530, and continued through 1888, when the slaves were freed. The slaves brought much of their culture with them from Africa, so Capoeira became a Brazilian martial art but it still contained a heavy African influence. The slaves designed it to look like a dance, so the owners wouldn't guess they were learning to defend themselves.

3. What does one call the main circle in which the playing (fighting) is done?

Meia Lua de Frente

Roda

Toca

Camboata

Roda

The roda is a huge circle of musicians and other Capoeira players, and in the middle two people are playing Capoeira. Everyone participates. The musicians play instruments and sing, while everyone else claps hands and joins in on the chorus.

4. What's the name for a cartwheel in Capoeira?

Au

Bahia

Sai

Cade

Au

The cartwheel is an important movement in Capoeira, you can use it to evade a tripping maneuver of your opponent, dodge a kick, or even attack from it. Many other maneuvers typically associated with gymnastics such as the handstand, bridge, and some variations on flips, are also common in Capoeira.

5. What do you call the position where you are squatting flat-footed with your arms over your head?

Negativa

Macaco

Jole

Cocorinha

## Cocorinha

This duck is an easy way to escape a kick, and, like most Capoeira defences, can be used to go into an attack.

### 6. Who invented Regional Capoeira?

Deodoro da Fonseca

It just developed over time

Mestre Bimba

No one knows

## Mestre Bimba

There are two different styles of Capoeira: Regional and Angola. Now days the two styles are usually mixed, but occasionally you will run into groups declaring themselves of only one form or another. Regional was created to help Capoeira become more widespread, and it worked too, because Capoeira is now practiced worldwide.

### 7. What is Angola Capoeira typically associated with?

Low to the ground, slow movements

Beginners

Fast, acrobatic motions

Experts

Low to the ground, slow movements

Angola is usually thought of as being a slower game than Regional, and Regional typically is played to a faster tempo, has more acrobatic mauevers, and players stay farther off the ground. This is only a generalization however, as both styles have many movements that overlap.

### 8. What color outfit do you wear in Capoeira?

It depends on what country you're in

Black

White

Whatever you want

White

Capoeira is designed so that you shouldn't need to touch anything but your head, hands and feet to the ground (unless, of course, you fall, in which case, if you aren't extremely lucky, you'll be playing in brown clothes for the remainder of the roda).

### 9. What is the first thing you do when entering a roda to play?

Do a cartwheel

Greet your opponent

Salute the musicians

Begin the game

Salute the musicians

When you enter, you and your opponent come forward from either side of the musicians, squat in front and salute them in appreciation of their playing, greet one another, and cartwheel into the middle of the circle to begin the game.

10. What do you call a standard Capoeira spin kick?

Armada

Bencaó

Quexada

Meia Lua de Frente

Armada

Armada is a simple spin kick but there are many variations also with the "armada" in their title. One example is Armada Pulada, which is a leaping spin kick.

<http://www.capoeira-world.com>