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**Date:** \_\_\_/\_\_\_/\_\_\_ **Student Full Name:**

**Nickname:** \_\_\_\_\_ **Color Belt** \_\_\_\_\_

**ASSESSMENT 1 – Question and Answer Review / For Mestre Peixe Use Only: C/ NYC**

### Method of assessment

This test consists of a series of **written questions**. The test is designed to assess your knowledge of Capoeira and your ability to apply this information competently.

This assessment contains:

**5 Multiple Choice questions / 9 True or False questions / 6 Short-answer questions**

### Conditions

- You Must present this Assessment before 14<sup>th</sup> November 2015
- **80 %** is required to pass the assessment. Please use the internet for research purposes only. Your answers have to be in your own words.

### Multiple Choice Questions (Please circle the correct answer)

- 1. Golpes Basicos are:**
  - a) Basic straight kicks
  - b) Advanced circular kicks
  - c) Basic ground kicks
  - d) Basic kicks
- 2. Corridos (runners) are:**
  - a) Instruments which follow a call and response form.
  - b) Songs which follow a call and response form.
  - c) Music which follows a call and response form.
  - d) Songs with no chorus
- 3. The rhythm of 'Sao Bento Grande de Regional' indicates that a Capoeirista needs to play**
  - a) Slow
  - b) A faster paced game of Capoeira, characteristic of takedowns, attacking and defensive movements.
  - c) A faster paced game of Capoeira characteristic of floreios
  - d) Just acrobatics
- 4. It has been mentioned that the success of Mestre Bimba's Capoeira Regional was because of:**
  - a) His creation of sequenced movements done in partners to develop the game
  - b) The way he played the Berimbau
  - c) His wife, who was very supportive
  - d) Because he was a smart business man
- 5. Which of the following instruments commands the roda of Capoeira:**
  - a) Berimbau gunga
  - b) Berimbau medio
  - c) Atabaque
  - d) Pandeiro



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**True or False** (Please circle the correct answer)

1. The 'gunga' Berimbau is the one with the smallest cabaca T / F
2. As a teacher you should adapt your coaching methods and teaching styles to suit the needs of the students. T / F
3. The Berimbau is considered one of the referees/officiators of Capoeira T / F
4. When commencing a roda, the instruments may begin in any sequence and participants must not begin to play until the orchestra and the singing has begun. T / F
5. A lower belt can buy out a higher level (any cord level above your cord) from the game of Capoeira. T / F
6. Quadras are songs containing 4 verses. T / F
7. Quadras are only sung in Capoeira Angola T / F
8. Corridos (songs with a call and response chants) are never sung in 'Capoeira Regional Contemporanea' T / F
9. The Berimabu rhythm (toque) 'Sao Bento Grande da Regional' and 'Regional de Mestre Bimba' are the same; T/F

**Short Answer** (please write clearly your answers on the lines provided)

1. Write below the diagram the correct order of the instruments in an orchestra (in Capoeira Brasil) from **left to right**? (NOTE: Please give the correct names for each Berimbau & Instruments )



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2. Give a short description of the fundamentals of the following styles of Capoeira games played; plus the names of two groups who practice that style; and the names of two Masters from each style

- Capoeira Angola \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Capoeira Regional \_\_\_\_\_  
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- Capoeira Regional Contemporanea  
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\_\_\_\_\_

4. Scenario: During one of your Capoeira classes one of your students hurts his leg in the middle of the session, another student during the final part of a roda faints due to low blood sugar levels. Taking these two incidents' into consideration, describe the steps you would take to deal with this in your class.

**How are you going to help the students**

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**How do you need to communicate the incident**

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**Outline the safety procedure for the next class**

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**5. What is the difference between a Senzala and a Quilombo?**

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**6. How do you see your future in Capoeira and what do you want to achieve. How can you preserve the roots and fundamentals of capoeira while still being innovative**

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