

KNOWLEDGE ORGANISER

YEAR 8 CAPOEIRA

ROUTE	1	23	45	67	89
	Bronze	Silver	Gold	Diamond	Platinum

STYLISTIC FEATURES	Please see the attached power point and web link below to see the break down of the stylistic features in full.
Ginga	The basic stepping pattern used to initiate.
Cocorinha	A crouching defence, one hand on the floor, one hand protecting your head.
Bencau	Benção is a kick movement in Capoeira, where you clap and then kick your leg out in front of you.
Negativa Role (Ho-lay)	Crouch down, place one leg out in front; lean towards the bent leg, one hand defending your head. This movement happens from the negativa, step over the straight leg into a lunge facing away from your partner, stand up then pivot to face your partner.
Esquiva	Escape, step back, lunge, twist upper body away from opponent and cover your head.
Mei Lua De Frente	A circular kick from out to in
Queixada	A circular kick from in to out
Martelo	A side kick, fast and Sharp. Hammer Kick
Armada	A spinning kick. Lift your kicking leg, and then turn on the spot.
Mei Lua De Compasso	A low spinning kick with hands on the floor. Remember to look at your partner between your legs.
Quedo De Quatro	A defensive movement using 4 points of the body 2 hands and 2 feet in a backward crab.
Au (ah-ool)	Cartwheel

<https://www.youtube.com/watch?v=dSQiy1Hi-II>

CHOREOGRAPHIC SKILLS	
Unison	Two or more dancers doing movements at the same time as each other.
Formation	Where the dancers are positioned e.g. circle, triangle, straight line, diagonal line, diamond.
Repetition	Repeating movements that have occurred earlier in the dance, such repetition may be exactly the same as the original or may be changed in some way.
Canon	Two or more dancers doing movements/phrases one after the other.
Level	The height at which the movement is performed, this can be used within choreography and when developing motifs: Low level, Medium level, High level
Direction	Where the dancer is travelling to following a specific pathway e.g. forward, backward, diagonal, sideways, circular.
Communicates the stimulus	The movement chosen represents the starting point for choreography e.g. music, poem, image, story.
Structure	Is the form of the dance, how the dance is put together: Narrative, Rondo, Binary, Ternary.
Dynamics	The "how" or the quality of the movement - Speed, Weight and Flow. Time + Force = Dynamics
Mirror	Reflection of movement on the other side.
Imaginative moves	To create movements that are unique or different to others
Question & Answer	One dancer offers a dance movement and the other dancer responds with a different dance move.

INTERPRETIVE SKILLS	
Timing	Counted in counts, movement is usually fitted around the counts of the music.
Focus	Use of the eyes to enhance performance/ interpretative qualities, this may be between dancers, into the stage space towards the audience. Its use helps draw the audience's attention to the important aspect of the movement.
Fluency	Performing movements which flow together seamlessly.
Musicality	The ability to pick out the quality in music and make this evident, complement it, or contrast with it, through the dancer's performance.
Dynamics	The "how" or the quality of the movement - Speed, Weight and Flow. Time + Force = Dynamics

Projection	Occurs when a dancer gives out appropriate energy from the body giving a noticeable quality to the movements. It enables dancer's movements to reach beyond the body and draw the audience into what is happening.
Energy	The effort or force behind the movement.
Expression	To show of an idea or an emotion to an audience through the means of dance.
Quality	An interpretive dance skill used to help enhance the dance theme, stylistic qualities of the dance or convey emotion.

TECHNICAL SKILLS	
Accuracy	The ability to replicate movements correctly.
Co-ordination	Skill in controlling all parts of the body within the required actions.
Control	The skills required to ensure that the body can muster dance movements.
Precision	The ability to replicate dance movements which are exact and accurate.
Spatial awareness	When the dancer is well informed of their surroundings and movement, knowing where they are going, who is around them, how much space they are utilizing.
Balance	Skill in controlling the body weight over the point of support.
Strength	The muscle power required to execute dance movements
Extension	The ability to stretch fully through the limbs to create good alignment and correct positioning.
Posture	How one stands, sits.
Alignment	Position of parts of the body in relation to the whole