

## The Martialarm Introduction To Capoeira

Capoeira was developed by Brazilian slaves of African descent (presumably taken from the Portuguese colony of Angola) some time in the 16th century. Since it was illegal for slaves to practice fighting skills, they altered native African religious dances so that when they practised their art they would appear to simply be dancing. Because these dances included manoeuvres such as handstands, back flips, and cartwheels, Capoeira is today the most acrobatic of all martial arts, with many kicks being executed from a handstand position. Its offensive techniques are primarily kicks, its defensive techniques are primarily body movements which avoid the enemy's attack all together. African culture is a large part of studying Capoeira, especially since training and competition is done to the rhythm of the berimbau, a single- stringed musical instrument. Only in the 20th century has the practice of Capoeira become legal in Brazil, and only in very recent years has it been taught in other countries.

Capoeira training can be done in any city in the world and I encourage you to visit our martial arts directory of Capoeira to find a school near you!

### About the Author

Visit the martialarm website <http://www.martialarm.com/martialarts/capoeira.html>

Source: <http://www.martialarm.info>