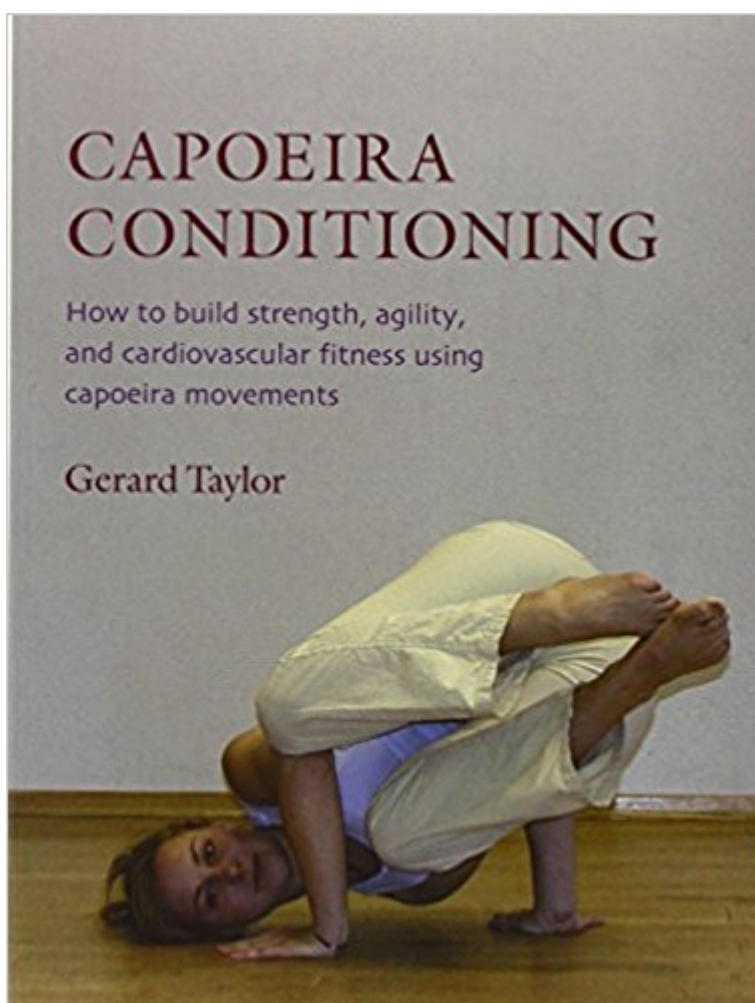


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# Capoeira Conditioning: How To Build Strength, Agility, And Cardiovascular Fitness Using Capoeira Movements



## Synopsis

The popularity of capoeira continues to rise as more people discover how useful and fun it can be for increasing agility and flexibility, as well as strength and endurance. Capoeira Conditioning is an illustrated guide to whole-body training based on this increasingly popular Brazilian martial art. Designed for all ages and all levels of experience, the book is a step-by-step training manual with photographs that guide users through every movement and sequence. Accompanying text gives special pointers and describes the fitness benefits of each individual technique. Capoeira Conditioning offers no-frills advice about nutrition, regularity of training, capoeira in relation to other sports, and capoeira conditioning for children, along with a simple Q&A section.

## Book Information

Paperback: 144 pages

Publisher: Blue Snake Books (December 8, 2005)

Language: English

ISBN-10: 158394141X

ISBN-13: 978-1583941416

Product Dimensions: 7 x 0.4 x 9.2 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 31 customer reviews

Best Sellers Rank: #250,695 in Books (See Top 100 in Books) #7 in Books > Arts & Photography > Performing Arts > Dance > Folk #436 in Books > Sports & Outdoors > Coaching > Training & Conditioning #468 in Books > Sports & Outdoors > Individual Sports > Martial Arts

## Customer Reviews

A graduate of the London School of Capoeira, Gerard Taylor, co-founded the Oslo Capoeira Klubb in 1996. Since then he has taught classes and workshops to thousands of people of all ages and nationalities. He is the author of Capoeira: The Jogo de Angola from Luanda to Cyberspace and Capoeira Conditioning.

The book advocates and explains the use of the basic moves of capoeira as a conditioning tool. The text is very clear, the exercises are very well explained, with plenty of photos. Mr. Taylor also outlines several possible exercise routines constructed from the basic movements. The author

makes the point that his book concentrates on the conditioning aspects of capoeira movements; it is NOT a primer on the art itself. If you are "into" bodyweight conditioning, this book will provide some useful and challenging alternatives.

I really liked reading this kindle edition book very easy to read. Straight to the point I hope the author writes another book on techniques you can add to this book. I really loved the pictures in the kindle edition too it shows these people took the time to think about which pictures to put in the book. Unlike other books where they just show one start picture and then the finished one. Thanks to these people I'm starting to like working out again, the techniques are worded very simple and they also give you a sample of a short work out plan from sets and Reps to a time limit to do the techniques in. I'll be looking forward to another release from this author.

I use this book everyday for my training. Nice pictures and understandable. Must read and practice hard, you won't be disappointed.

Solid movements, I'm always looking for ways to add new movements to my practice and this book was solid. Still not a replacement for an actual teacher but it still gives you moves that you can take the time to learn and master then figure out how to bind them together into a nice flow. It's the puzzle of movement that is beautiful. Certainly give it a read.

Great for building strength but very hard to do some exercises.

If you're serious about capoeira, this book will make you significantly better in several important skills along with improving your conditioning and ability to play in the roda for longer periods of time. I absolutely LOVE this book ... and if you've been away for capoeira for a while, this book is a great way to get yourself back into condition when you go back to your studio as well.

I've always been overweight and I felt this book helped me do some amazing stuff regardless when I joined capoeira.

Photos sometimes were hard to understand, it's a good book for capoeira otherwise and allowed me to improve on my capoeira.

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