

## Ginga

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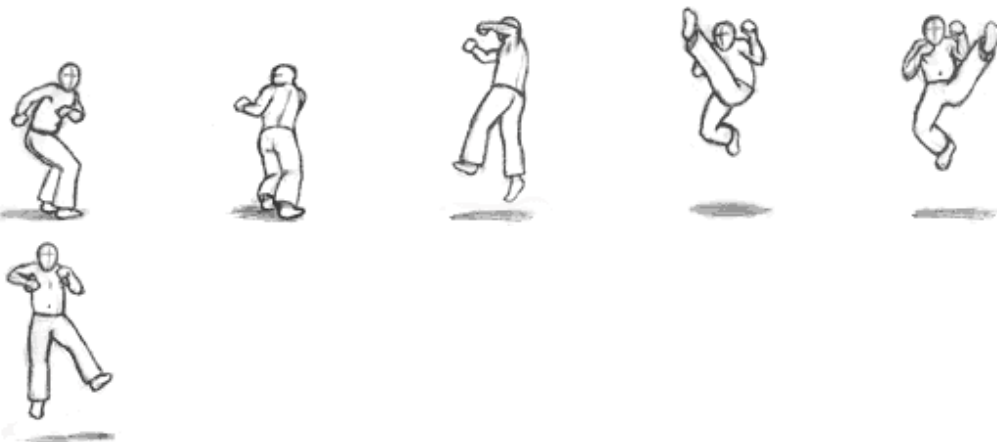
## Armada

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## Armada pulada

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## Pisão

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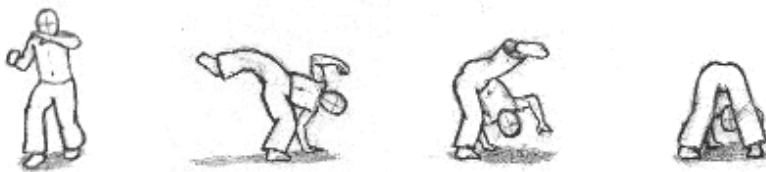
## Pisão Rodado

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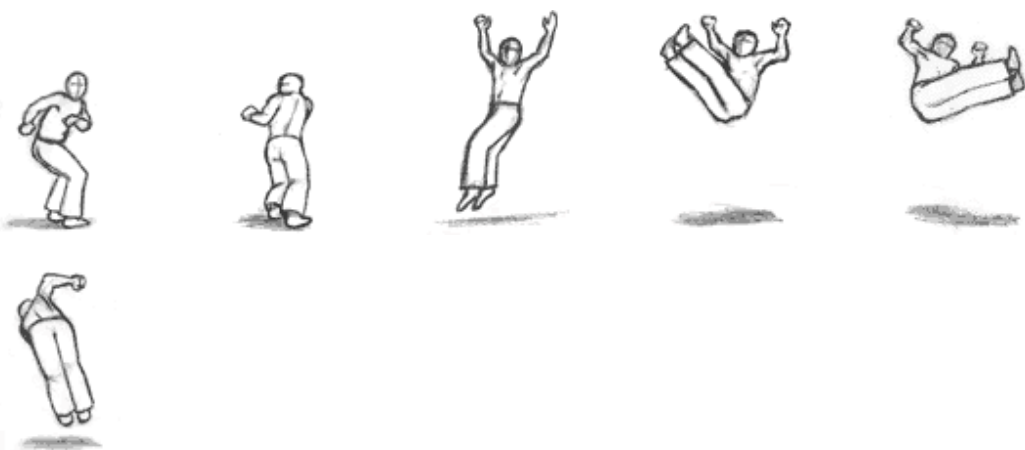
## Chapeu de couro

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## Evergado

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## Gancho

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## Martello

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## Meia lua de compasso

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## Meia lua de frente

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## Parafuso

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## Ponteire

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## Queixada

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## Robo de arrai

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## Cocorinha

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### Variante 1



### Variante 2



## Esquiva de frente

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## Esquiva de lado

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## Negativa

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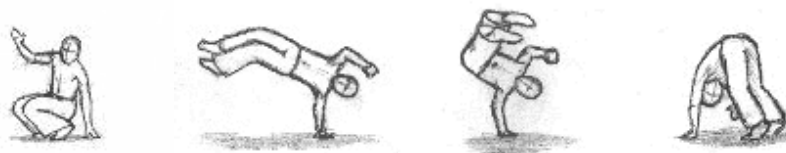
## Ginga

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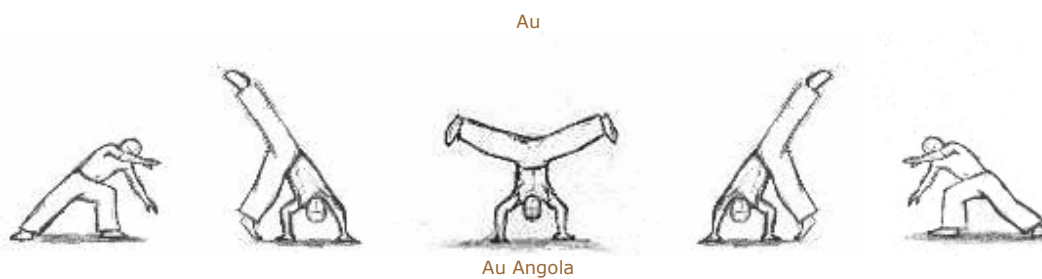
## Macaque

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## Aú

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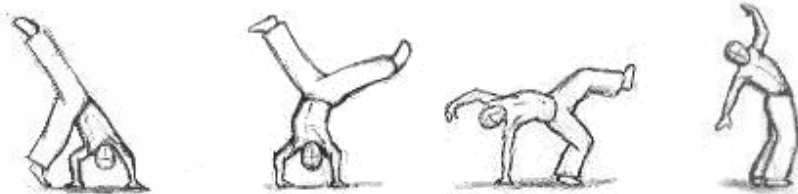
Au um maõ



Au sin maõ



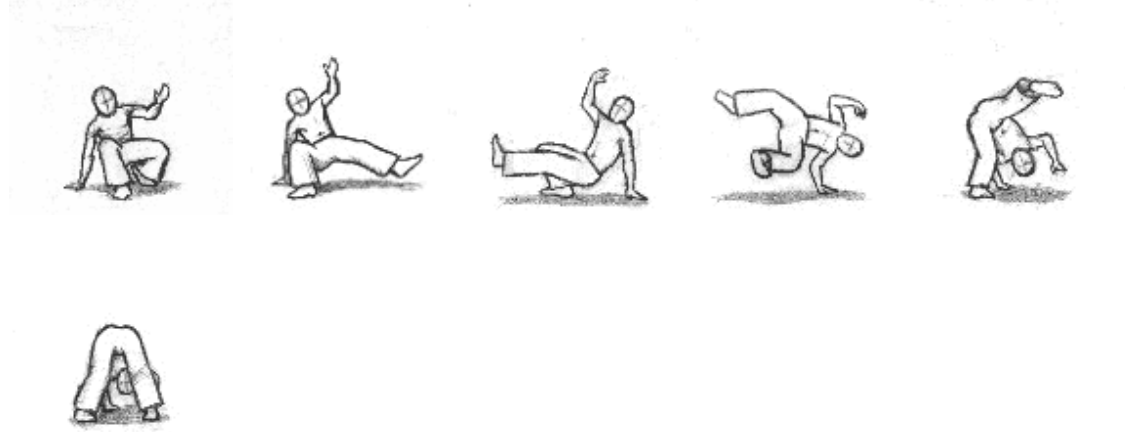
Au de côté



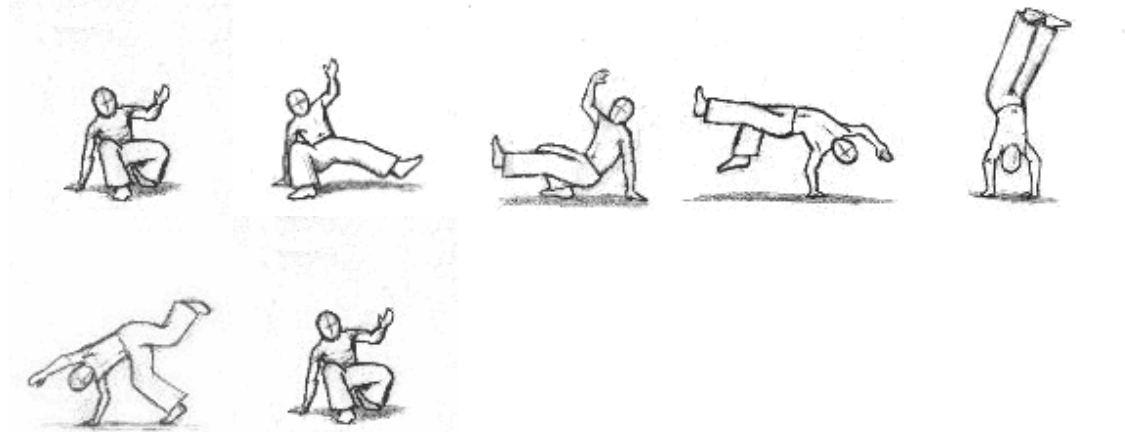
## Dobrado

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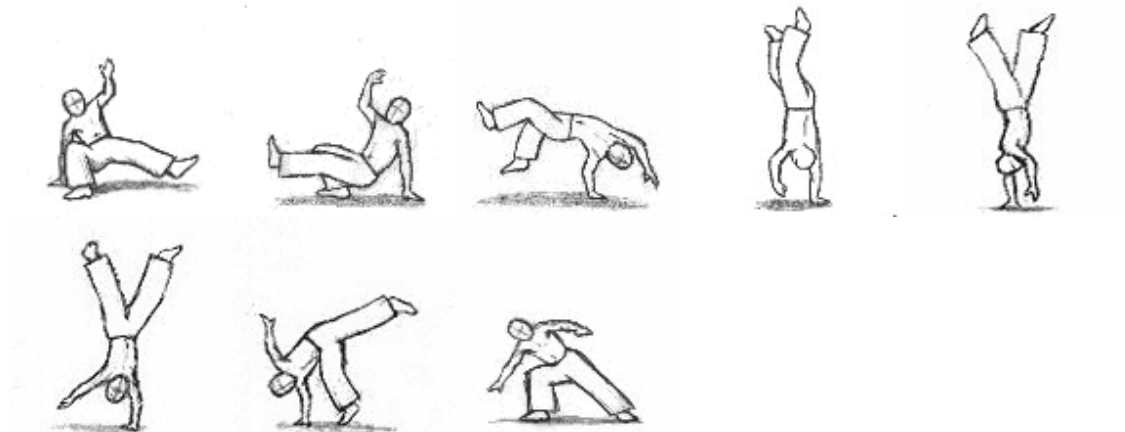
### Dobrado + chapéu de couro



### Dobrado + macaque



### Dobrado + Au giratoria (aka sdobrado)





## \Aú batido

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### Au batido



### Au batido samlet



### Doubbel au batido



### Au batido variant



## Queda de rins

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### Queda de rins ciarado



Queda de rins abaxio

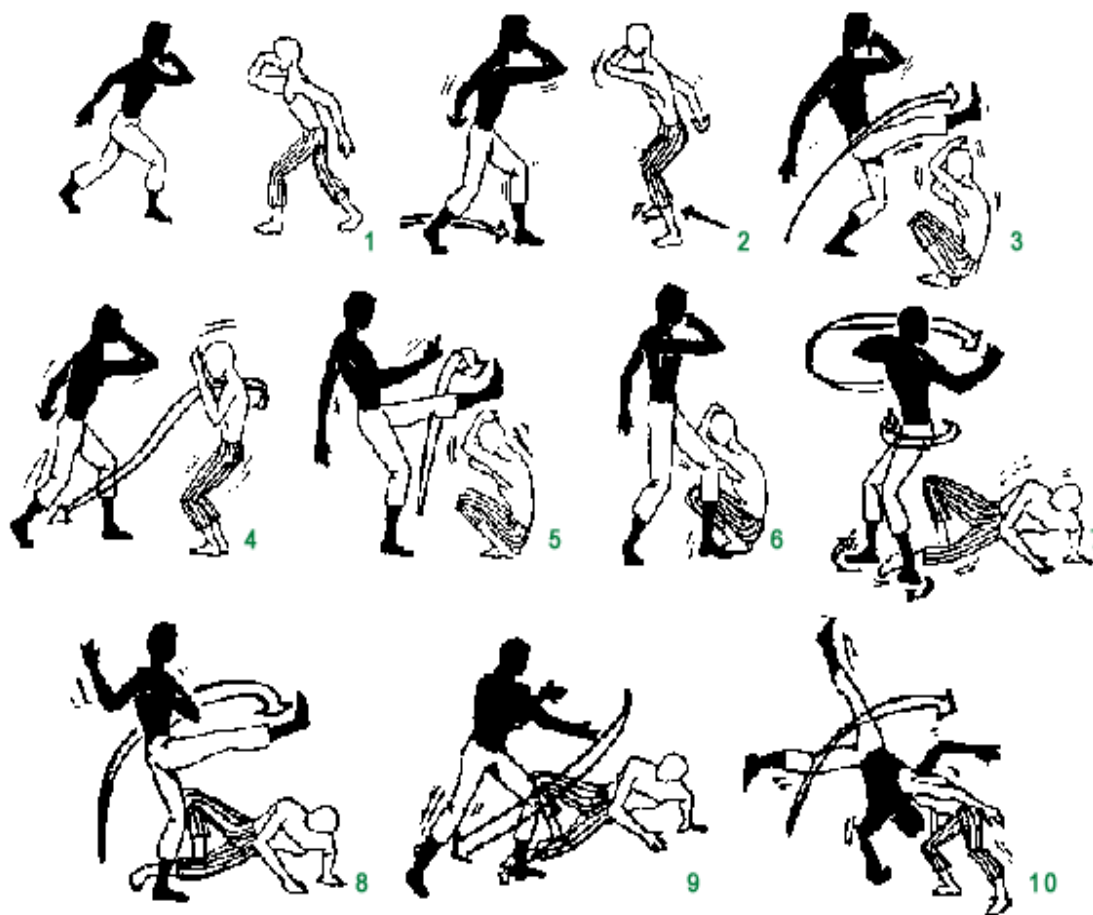


Queda de rins abre



<http://malungos.dk/moves.htm>

The 8 Sequences of Mestre Bimba - "Sequencia de Bimba" Sequence 1



Player One (Plain Pants)

Meia Lua de Frente, Meia Lua de Frente, Armada, Aú

Player Two (Striped Pants)

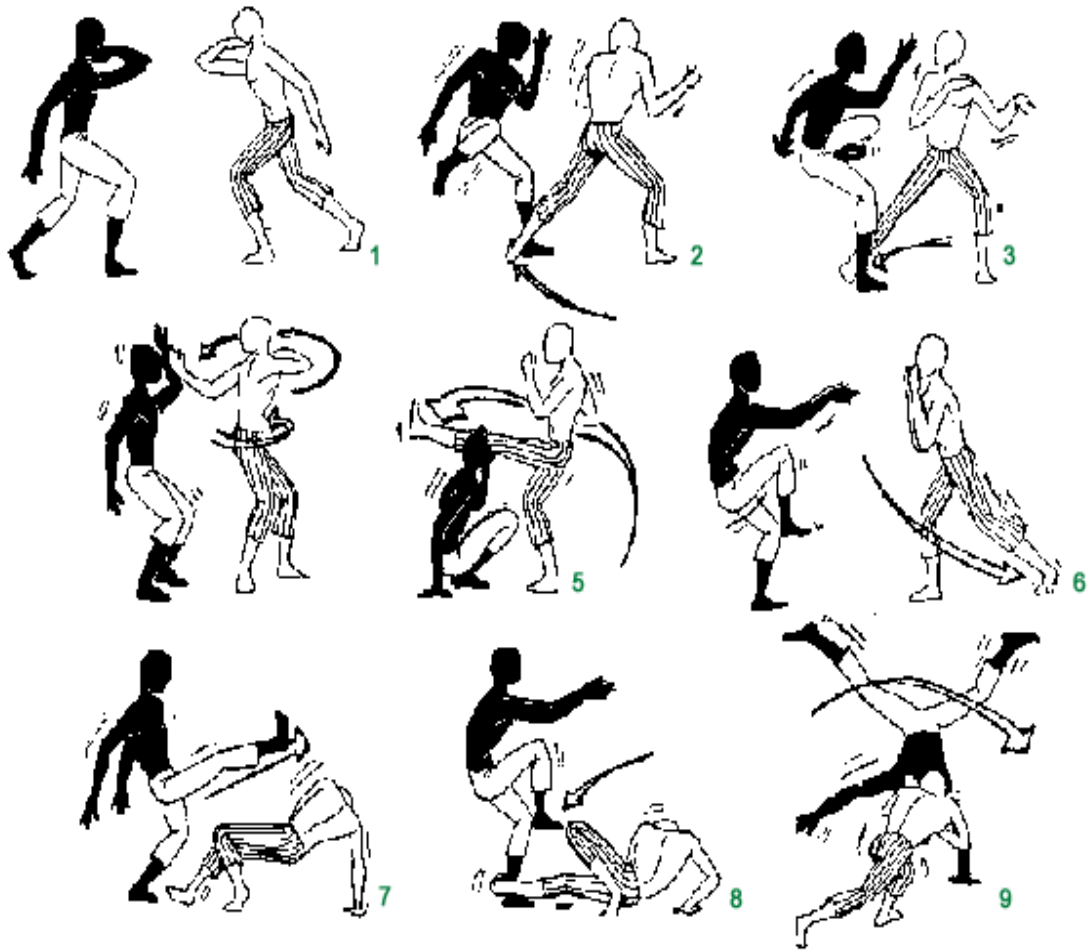
Cocorinha, Cocorinha, Negativa, Cabeçada

This can be broken down into the following steps:

- Step 1 The two players begin to ginga
- Step 2 Player One steps forward towards Player Two in order to be in the position to attack
- Step 3 Player One attacks with Meia Lua de Frente, while Player Two defends with Cocorinha
- Step 4 When Player One finished the kick Player Two stands up
- Step 5 Player One attacks again with Meia Lua de Frente. Player Two defends with Cocorinha
- Step 6 Player One finishes the kick but instead of taking the foot back to the ginga position, finishes with the foot forward in a position to attack with Armada

- Step 7 Player One attacks with Armada
- Step 8 Player Two defends with Negativa, positioning the foot behind Player Ones support leg, in order to take him down
- Step 9 Player One escapes with an Aú
- Step 10 Player Two attacks with a Cabeçada (while Player One is still in the Au)

Sequence 2



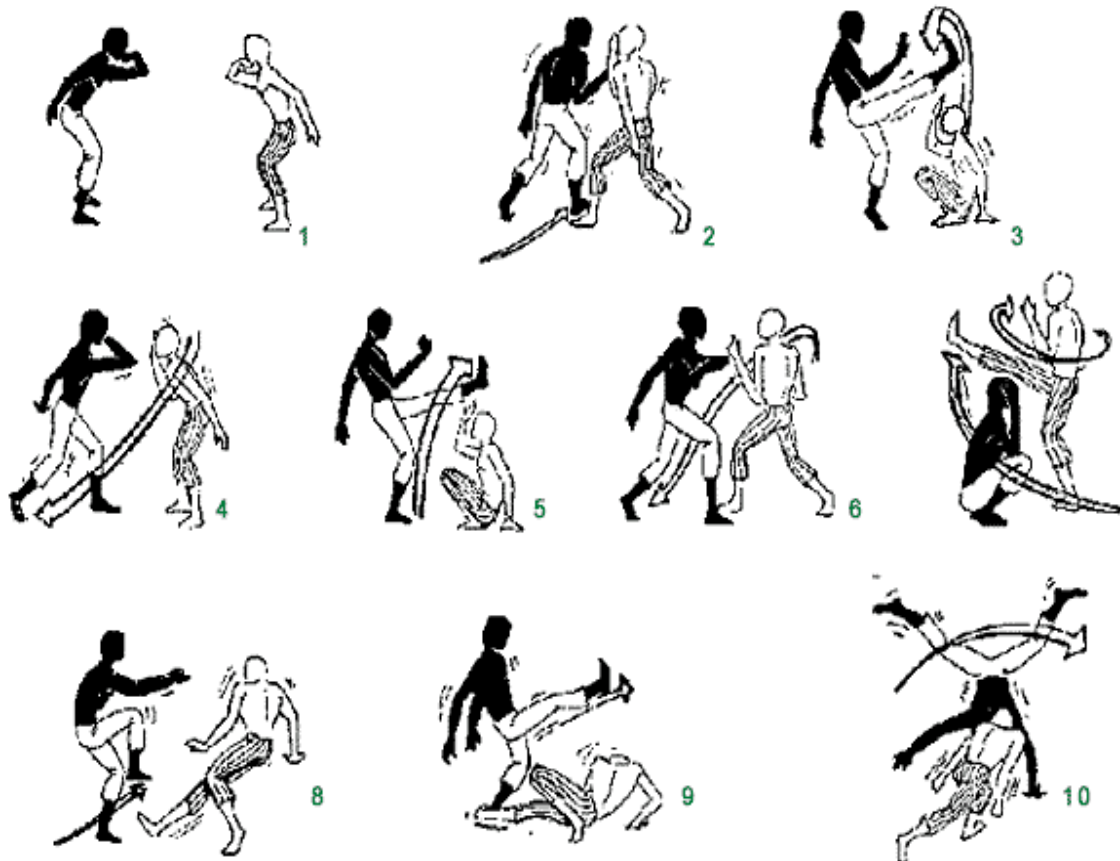
Player One (Plain Pants)	Martelo, Martelo, Cocorinha, Benção, Aú
Player Two (Striped Pants)	Banda, Banda, Armada, Negativa, Cabeçada

This can be broken down into the following steps:

- Step 1 The two players begin to ginga
- Step 2 Player One attacks with Martelo but Player Two tries to sweep him with Banda (but doesn't!)
- Step 3 Player One attacks again with Martelo (opposite leg) and once again Player Two tries to sweep him with Banda (but doesn't!)
- Step 4 Player Two attacks with Armada
- Step 5 Player One defends with Cocorinha

- Step 6 Player One stands and attacks with Benção
- Step 7 Player Two defends with Negativa
- Step 8 Player One escapes with an Aú
- Step 9 Player Two attacks with a Cabeçada (while Player One is still in the Au)

Sequence 3



Player One (Plain Pants)

Queixada, Queixada, Cocorinha, Benção, Aú

Player Two (Striped Pants)

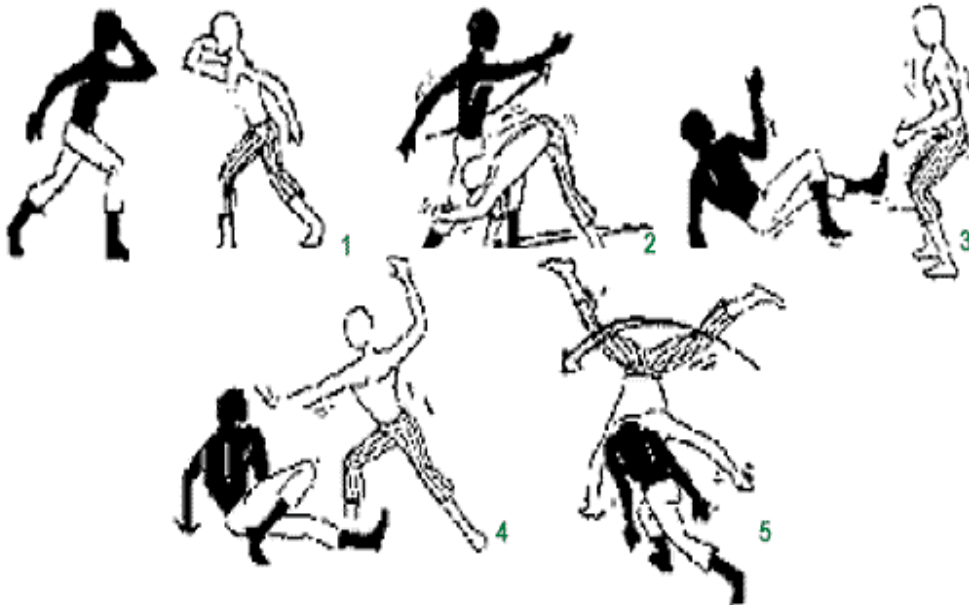
Cocorinha, Cocorinha, Armada, Negativa, Cabeçada

This can be broken down into the following steps:

- Step 1 The two players begin to ginga
- Step 2 Player One steps forward (with the right leg)
- Step 3 Player One attacks with Queixada but Player Two defends with Cocorinha
- Step 4 Once Player One finishes the kick Player Two stands up
- Step 5 Player One attacks with Queixada, Player Two defends with Cocorinha
- Step 6 Player One finishes the kick and Player Two stands up ready to attack
- Step 7 Player Two attacks with an Armada. Player One defends with Cocorinha

- Step 8 Player One stands and attacks with a Benção. Player Two defends with Negativa
- Step 9 If Player Two were to pull Player One's leg he would fall badly
- Step 10 Player One escapes with an Aú. Player Two attacks with Cabeçada

Sequence 4

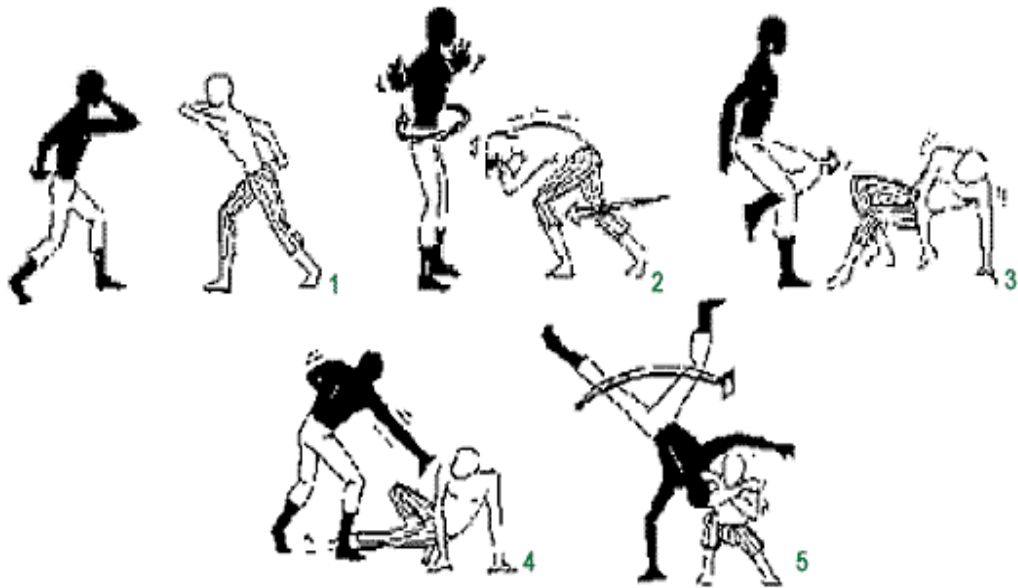


Player One (Plain Pants)	Galopante, Negativa, Rolê
Player Two (Striped Pants)	Arrastão, Aú

This can be broken down into the following steps:

- Step 1 The two players begin to ginga
- Step 2 Player One attacks with Galopante. Player Two defends by striking his shoulder against Player One's hip while pulling him from behind the knees - knocking him down
- Step 3 Player One falls to the floor
- Step 4 Player One falls into the Negativa. Player Two escapes with an Aú
- Step 5 Player One attacks with a Cabeçada

Sequence 5



Player One (Plain Pants)

Giro, Joelhada, Aú

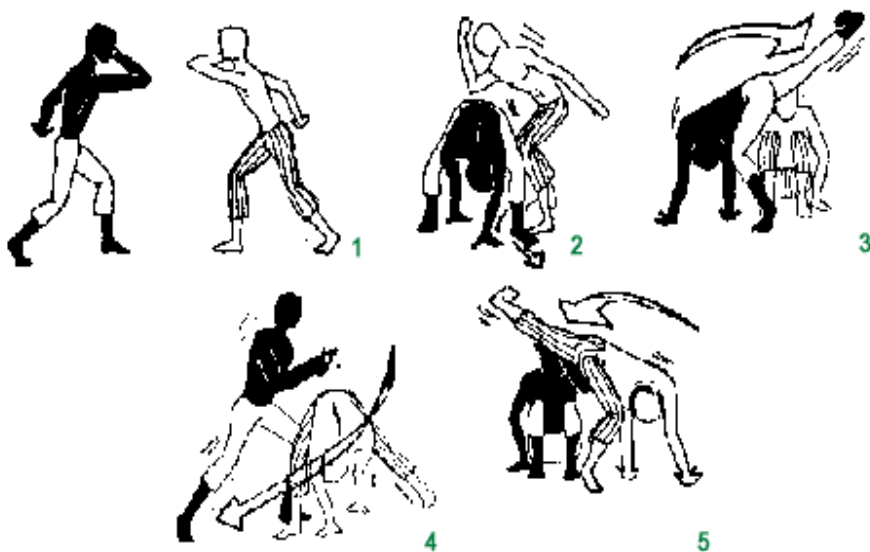
Player Two (Striped Pants)

Arpão de Cabeça, Negativa, Cabeçada

This can be broken down into the following steps:

- Step 1 The two players begin to ginga
- Step 2 Player One performs Giro, threatening to attack. Player Two defends with Cocorinha and then attacks with Arpão de Cabeça
- Step 3 Player One attacks with Joelhada aimed at Player Two's face. Player Two quickly moves to Negativa
- Step 4 Player One escapes with an Aú
- Step 5 Player Two attacks with a Cabeçada

#### Sequence 6

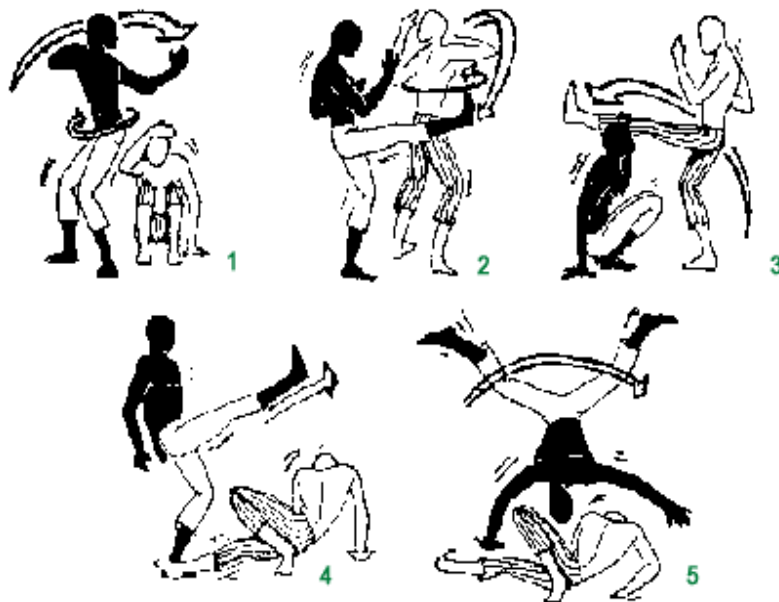


Player One (Plain Pants)	Meia Lua de Compasso, Cocorinha
Player Two (Striped Pants)	Cocorinha, Meia Lua de Compasso

This can be broken down into the following steps:

- Step 1 The two players begin to ginga
- Step 2 Player One prepares to attack with a Meia Lua de Compasso
- Step 3 Player One attacks with the Meia Lus de Compasso. Player Two defends with Cocorinha
- Step 4 Player Two prepares to attack with a Meia Lua de Compasso from the Cocorinha
- Step 5 Player Two attacks with the Meia Lua de Compasso. Player One defends with Cocorinha

Sequence 7



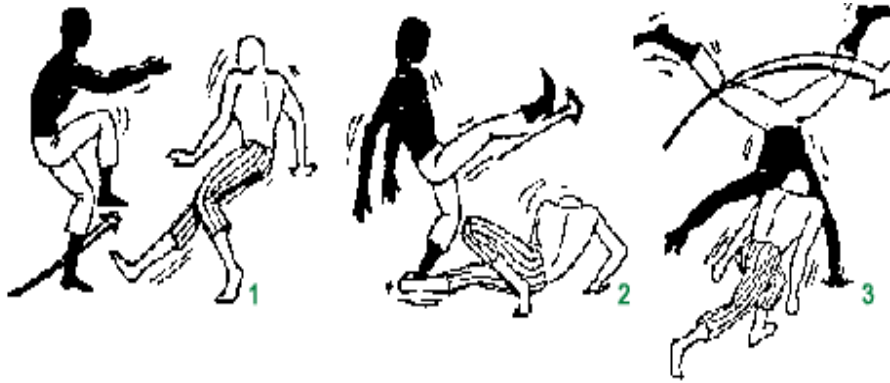
Player One (Plain Pants)	Armada, Cocorinha, Benção, Aú
Player Two (Striped Pants)	Cocorinha, Armada, Negativa

This can be broken down into the following steps:

- Step 1 The two players begin to ginga. Player One prepares to attack with an Armada. Player Two defends with Cocorinha
- Step 2 Player Two stands and prepares to counter attack with an Armada
- Step 3 Player Two attacks with Armada. Player One quickly goes into Cocorinha
- Step 4 Player One stands and attacks with Benção. Player Two defends with Negativa and prepares to sweep Player One's leg
- Step 5 Player One escapes with an Aú. Player Two attacks with Cabeçada

Sequence 8





Player One (Plain Pants)

Benção, Aú

Player Two (Striped Pants)

Negativa, Rolê, Cabeçada

This can be broken down into the following steps:

- Step 1 The two players begin to ginga. Player One attacks with Benção. Player Two defends with Negativa
- Step 2 While in the Negativa Player Two places his front foot behind Player One's support leg
- Step 3 Player One escapes with an Aú. Player Two uses a Rolê to get close and attacks with Cabeçada

## Mestre Bimba's 8 Sequences