Lesson D Reading

Capoeira

Capoeira is a martial art from Brazil. A martial art is a type of sport that is a form of self-defense. Karate and judo are other examples of popular martial arts.

Capoeira looks like a mix of fighting and dancing. It is a fast sport because the people doing capoeira, often called "players," need to stay **in motion**. Each player moves to make it difficult for the other person to kick or hit them. Players need strong legs because kicking is a big part of the sport. Players usually attack with their legs, not their arms. Sometimes one person falls to the floor. But the goal of capoeira is not to hurt the other player.

Capoeira is all about skill. Players need to avoid the opponent's attacks. Also, they need to confuse or trick the other player. Some moves make a player think their opponent will move one way, but they move the other way.

Capoeira players are sometimes called *capoeiristas*. Two capoeiristas practice within a large circle of people who usually sing and clap while they watch. Often, there is music playing to help the capoeiristas keep in motion. People do capoeira indoors and outdoors. The players don't need any equipment. They usually wear a white T-shirt and loose white pants. The T-shirts often have the name of the players' clubs on them. Many players don't wear shoes. Those who do need lightweight shoes with a good grip on the **sole**.

in motion moving
sole the bottom of a shoe



Capoeiristas practicing on a beach

LIVEWORKSHEETS