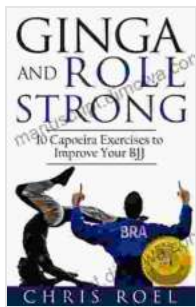


# 10 Capoeira Exercises To Improve Your Bjj Ginga

Capoeira is a Brazilian martial art that combines elements of dance, acrobatics, and music. It is known for its fluid movements and graceful transitions. Bjj ginga is a fundamental movement in Brazilian Jiu-Jitsu that involves stepping and shifting your weight from one foot to the other. It is used to create space, generate momentum, and set up attacks.



## Ginga and Roll Strong: 10 Capoeira Exercises to Improve Your BJJ (Ginga Series Book 2) by Chris Roel

★★★★☆ 4.7 out of 5

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Capoeira exercises can help you improve your bjj ginga by developing your coordination, balance, and footwork. Here are 10 capoeira exercises that you can do to improve your bjj ginga:

## 1. Ginga básico

The ginga básico is the most basic capoeira movement. It involves stepping and shifting your weight from one foot to the other while keeping your knees slightly bent and your body relaxed. Start by standing with your feet shoulder-width apart and your knees slightly bent. Step forward with your right foot and shift your weight to your right leg. Then, step back with your left foot and shift your weight to your left leg. Continue stepping and shifting your weight from one foot to the other, keeping your knees slightly bent and your body relaxed.

## **2. Ginga lateral**

The ginga lateral is a variation of the ginga básico that involves stepping sideways from one foot to the other. Start by standing with your feet shoulder-width apart and your knees slightly bent. Step to your right with your right foot and shift your weight to your right leg. Then, step to your left with your left foot and shift your weight to your left leg. Continue stepping sideways from one foot to the other, keeping your knees slightly bent and your body relaxed.

## **3. Ginga para frente**

The ginga para frente is a variation of the ginga básico that involves stepping forward from one foot to the other. Start by standing with your feet shoulder-width apart and your knees slightly bent. Step forward with your right foot and shift your weight to your right leg. Then, step forward with your left foot and shift your weight to your left leg. Continue stepping forward from one foot to the other, keeping your knees slightly bent and your body relaxed.

## **4. Ginga para trás**

The ginga para trás is a variation of the ginga básico that involves stepping backward from one foot to the other. Start by standing with your feet shoulder-width apart and your knees slightly bent. Step backward with your right foot and shift your weight to your right leg. Then, step backward with your left foot and shift your weight to your left leg. Continue stepping backward from one foot to the other, keeping your knees slightly bent and your body relaxed.

## **5. Meia-lua de frente**

The meia-lua de frente is a capoeira movement that involves stepping forward with one foot and then swinging your other foot around in a semi-circle. Start by standing with your feet shoulder-width apart and your knees slightly bent. Step forward with your right foot and shift your weight to your right leg. Then, swing your left foot around in a semi-circle and step forward with it. Continue stepping forward with your right foot and swinging your left foot around in a semi-circle. Keep your knees slightly bent and your body relaxed.

## **6. Meia-lua de costas**

The meia-lua de costas is a capoeira movement that involves stepping backward with one foot and then swinging your other foot around in a semi-circle. Start by standing with your feet shoulder-width apart and your knees slightly bent. Step backward with your right foot and shift your weight to your right leg. Then, swing your left foot around in a semi-circle and step backward with it. Continue stepping backward with your right foot and swinging your left foot around in a semi-circle. Keep your knees slightly bent and your body relaxed.

## **7. Armada**

The armada is a capoeira movement that involves kicking your opponent with your heel. Start by standing with your feet shoulder-width apart and your knees slightly bent. Step forward with your right foot and shift your weight to your right leg. Then, kick your left heel forward towards your opponent's head. Keep your knee slightly bent and your body relaxed.

## **8. Esquiva**

The esquiva is a capoeira movement that involves dodging your opponent's attack by moving your body out of the way. Start by standing with your feet shoulder-width apart and your knees slightly bent. When your opponent attacks, move your body out of the way by stepping to the side, backward, or forward. Keep your knees slightly bent and your body relaxed.

## **9. Negativa**

The negativa is a capoeira movement that involves resisting your opponent's attack by blocking it with your body. Start by standing with your feet shoulder-width apart and your knees slightly bent. When your opponent attacks, block their attack with your arms, legs, or body. Keep your knees slightly bent and your body relaxed.

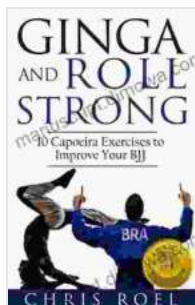
## **10. Queda de rins**

The queda de rins is a capoeira movement that involves falling to the ground and landing on your back. Start by standing with your feet shoulder-width apart and your knees slightly bent. Fall backward and land on your back, keeping your knees slightly bent and your body relaxed.

These are just a few of the many capoeira exercises that you can do to improve your bjj ginga. By practicing these exercises regularly, you will

develop the coordination, balance, and footwork that you need to become a successful bjj player.

If you are interested in learning more about capoeira, there are many schools and academies that offer classes. You can also find many resources online that can help you learn the basics of capoeira.



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