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through every movement and  
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## Tutorial #22 Macaco 12 steps

Great exercise to build your  
bridge for those flow  
combinations, placing the  
forearms help to ease the  
pressure and make it easier  
to achieve the full bridge  
Start by putting one of your  
forearms ...

Capoeira Conditioning -  
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The purpose of acrobatics in  
Capoeira are to allow the  
Capoeira player to move in  
any direction from any  
position, and as such, to  
give the player a more  
advantageous position. It

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can also help him get out of  
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idea of HIIT Capoeira is  
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