Class # 4 “queixada and esquiva ra tras”

Training program:

Note: the step progression in the training program differs from the progression in the lecture. The purpose of the lecture is to understand the movements, the purpose of the training program is to implement that understanding. First watch the lecture then go through the training progression.

Warm up, emphasis on lower body+back+wrists (5 min)

Step # 1 esquiva pra tras and back to ginga base.
(20 reps each side, approximately 3 min)

Pointers:

- When entering the esquiva,Shift both feet inwards, bend both knees, weight mostly on back leg, chest to your quads.
- Front hand protecting face, back hand stretched for balance.
- Gaze either under armpit or over biceps.
- When shifting from ginga to esquiva and from esquiva to ginga move your body back and forth but also up and down.

Step # 2 esquiva pra tras from ginga

- One ginga one esquiva.
(20 reps each side, approximately 2 min)

Step # 3 ginga into esquiva pra tras into queixada.

- 2 ginga 1 esquiva into queixada slowly.
(10 reps each side, approximately 2 min)

Step # 4 - esquiva pra tras+queixada continually no ginga, slowly.
(10 reps, 5 each side approximately 2 min)

Step # 5 - 2 ginga 1 queixada with power.
(10 reps 5 each side, approximately 2 min)

Step # 6 esquiva pra tras into queixada continually.

(10 reps each side, gradually upping velocity until reaching max, approximately 2 min)