

肆 · Training Alone

Chapter 4 · The Park Program — a solo capoeira practice built from Capoeira 100's Part Two, plus the gym strength layer that feeds it. No roda, no partner: just you, a patch of grass, and something to kick over.

Capoeira looks like it needs a circle of people and a partner across from you. But the whole of *Capoeira 100's Part Two — 100 exercises* is built to be trained **alone**. The trick the old players used is the **cavalete**: a stand you kick over that stands in for an opponent. In a park, your cavalete is **a bench, a low branch, a railing, a cone — anything at hip height**. That one substitution unlocks the entire syllabus solo. Here is a real weekly program from that material, filtered to the 80/20.

THE ONE RULE UNDER EVERYTHING — GINGA

The source calls ginga "the cement that holds the diverse parts of the game together — but unlike cement, the ginga is fluid." Every session below **starts with it and returns to it between everything else**. You never drill a kick and stop; you kick and *fall back into ginga*. That habit is what makes the movements bind into capoeira instead of staying a list of exercises.

The Session Template

Every session is the same seven-block shape — about **45 minutes**. Learn the shape once; the weekly rotation just changes where the weight falls.

#	Block	What you do	~min
1	Warm-up	Queda de quatro up-downs + hip/wrist mobility (#95) — the low game demands open hips; the inverts demand warm wrists	5
2	Ginga — the cement	Moving ginga: forward, back, change direction (#96). Find the rhythm before anything else	5
3	Kicks over the cavalete	High-rep solo kicks over your bench/branch; the three-kick garland (#6), high-rep armada from parallel stance (#50)	10
4	Escapes & ground	Negativa (no hands) (#11), cocorinha, esquiva, rolê, queda de rins — always recovering to ginga	5
5	Floreio ladder	The self-spottable progression (see below) — bananeira → aú → macaco	8
6	Conditioning	Capoeira-specific bodyweight circuit — "a full multi-gym without leaving your spot"	7
7	Shadow-flow	Your solo roda: slow-motion play (#57) → speed play (#58), linking everything into one flowing game	5

The Weekly Rotation

Same template daily; the *emphasis* rotates over three days, then repeats. Per Chapter 2, **short and frequent beats rare and long** — five 45-minute sessions outrun two marathons.

Day	Emphasis	Where the weight falls
A · Base	Rhythm & kicks	Full template, moderate. Blocks 2–3 get the volume: clean ginga, clean kicks over the cavalete
B · Ground	Strength & inverts	Heavy on 5–6: the floreio ladder + the conditioning circuit. Lighter kicks. This is your strength day
C · Flow	Speed & linking	Heavy on 3 & 7: kick garlands + macaco-spinning lines (#97) + a long speed-play shadow game

A · B · C · A · B · C · rest. Six on, one off — adjust to how the tissue feels (Chapter 2's floor is real: connective tissue sets the ceiling on the invert days).

The Exercise Bank

The solo movements, grouped and cited to *Capoeira 100* Part Two, with a difficulty rating (● warm-up → ●●●● advanced).

Conditioning — the capoeira "multi-gym"

Exercise	What it builds	Cite	●
Tesoura push-ups — spring hand-to-hand through the scissor	Explosive arms + core; only hands and feet touch	#62/63	●●
Cocorinha walk — walk forward/back in the deep crouch	Quad & hip endurance for the low game	#64	●
Negativa (no hands) — drop to negativa without touching down	Single-leg strength + balance	#11	●●
Tesoura jumps — explode between scissor positions	Frontal-plane power (ties Ch.1's skater hop)	#79	●●●

Floreio ladder — the self-spottable progression

Earn each rung before the next; on grass you can fail safely. This is the honest order from the *Hard Moves* appendix.

Rung	Move	Cite	●
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1	Bananeira walking — handstand, walk on your hands, look through your arms	#72	●●
2	Aú cabeça no chão push-ups — lower the crown to the ground mid-aú, push up, finish	#74	●●●
3	Bananeira → queda de rins push-ups — handstand down to the one-elbow shelf and back	#85	●●●●
4	Macaco spinning — continuous macacos in a line; trains it un-telegraphed	#97	●●●●

力

Gym Strength — the force layer

The park builds capoeira-specific *skill and endurance*; the gym builds the raw **force** underneath it. The chain is honest and one-directional: **force** → **power** → **skill**. The gym makes you strong, Chapter 1's plyometrics turn that strength into *fast* (power), and the movements above express it as capoeira. Skip the gym and the plyos have less to convert. Keep it **compound, heavy-ish, low reps — twice a week**; this is strength work, not bodybuilding.

Lift	The capoeira demand it feeds	Sets×Reps
Front / Goblet Squat	Leg drive — the base of every kick and every jump takeoff	4 × 5
Bulgarian Split Squat	Single-leg force — the meia-lua and compasso are loaded on <i>one</i> leg	3 × 6 / leg
Romanian Deadlift	Posterior chain & hip hinge — sweeps, the ponte (bridge), knee health on kicks	3 × 6
Overhead / Pike Press	Shoulder strength & stability — bananeira, aú, queda de rins all weight-bear overhead	4 × 5
Weighted Chin-up / Row	Pull & grip — inverted control, and the wrist-support base that gates every floreio	3 × 6
Pallof Press + Hanging Leg Raise	Braced, anti-rotation trunk — the spins, the inverts, and the cabeçada's forward drive	3 × 10

WHERE IT FITS THE WEEK

Put the two gym sessions on the **B • Ground** days (strength stacks with strength), or on their own days — but **never the day before a C • Flow session**. Fried legs kill a speed day, and a capoeirista with tired single-leg strength is one rasteira from the floor. Heavy lift and explosive play don't share a morning.

⚡ **FUEL — CROSS-LINK TO** 神拳學

Training alone is the truest test of the Spirit book's work: **no roda to perform for, no partner to react to — only your own discipline.** The park doesn't clap; the gym doesn't either. What you build here, you build for its own sake. That is the whole point.

Make it yours

This is a skeleton, not scripture. You are a park-innovator — so **log what you change.** When a bench forces a new entry, when a slope turns a macaco into something the book never named — *that* is the material. Capoeira was built exactly this way: people training in whatever space they had, keeping what worked. Your solo sessions aren't a lesser version of the roda. They're where the innovations that *become* your capoeira are born.

— David Kwok Ho Chan, with AI Sifu Claude

Sources & honesty notes. All exercises and their numbers from *Capoeira 100: An Illustrated Guide*, Part Two ("100 Exercises"): Warm-up Games, Focus Games, Conditioning & Strength, and Advanced Sequences & Conditioning. Ginga-as-cement and the cavalete are the book's own framing. The floreio ladder follows the staged order from the *Hard Moves* appendix; the tissue caution is Chapter 2's. A hypothetical solo program — warm up thoroughly, train inverts on soft ground, and respect the tissue.