

貳 · Aú Helicóptero — Highlights

Status: corrected · one-page highlights of the 6-page lesson · not yet trained by a human body

In one line. Version 1 said *Capoeira 100* has no error layer. It does — and the strongest evidence turned out to be an **agreement** between book and practitioner, next to a sharp **contradiction** in print.

Highlights

- **The error layer was there.** Entry 46: kick the leg *forward and inward*, not out to the side, "*otherwise the joint where your thigh connects to your hip will inhibit the movement.*" A named fault with an anatomical cause.
- **The agreement.** Book and video independently give the same cue: **the first (exiting) leg steers the turn.** Keep your eyes on that foot.
- **The contradiction.** Book: keep the first leg "*as low as you can get it.*" Practitioner: turn "*as high as possible.*" Two sources, opposite instructions, no test run.
- **What the book really lacks is time.** No attempts, no scaffold, no prerequisite. *A technique describes a body; a progression describes a person changing.*
- **The generalisation, corrected.** The deciding factor isn't "organised by technique" — it's **what the document is for.** A gymnastics teaching resource in the corpus carries steps, teaching points and modifications for the cartwheel. Reference works drop the road; teaching resources keep it.
- **It is a back movement.** The head stays back so the back can arch — not styling, mechanics.

The five steps

1. **Enter backwards**, not sideways as in the basic aú.
2. **Turn high**, steered by the exiting leg. Expect to fall at first.
3. **Land higher** — feet and one hand only.
4. **Stand up**, both feet together.
5. **Finish on one leg, turning** — the hardest part.

Prerequisite named by the practitioner: *Meia Lua Reversão* — not in the corpus.

Drill

Stalled at step 5? Start from a **raised surface** and lower it over time. **Record the height in cm** each week; done = 0 cm, finishing on one leg. The open test: film high turns vs low turns and **count completions**.

Limit

- All five steps come from **one** practitioner. The prerequisite isn't documented here.
- "Sparse error layer" is an impression, not a count. Nothing here has been trained.

AI-coach's take

Train the practitioner's five steps, but settle high-versus-low with a camera, not an argument. When two good sources disagree in print, your own completion count is the tiebreaker.

Source video: [Capoeira Tutorial: Aú Helicóptero \(Move4Freedom\)](#)