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The Little Capoeira Book by Nestor Capoeira

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Topics Capoeira (Dance) Publisher North Atlantic Books

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The little Capoeira book is a great introduction for anyone

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The Little Capoeira Book

description: This book is great if you've read an introductory book on capoeira (like The Little Capoeira Book) and you want to dive deeper into the history of the art. Some theories that are explained

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