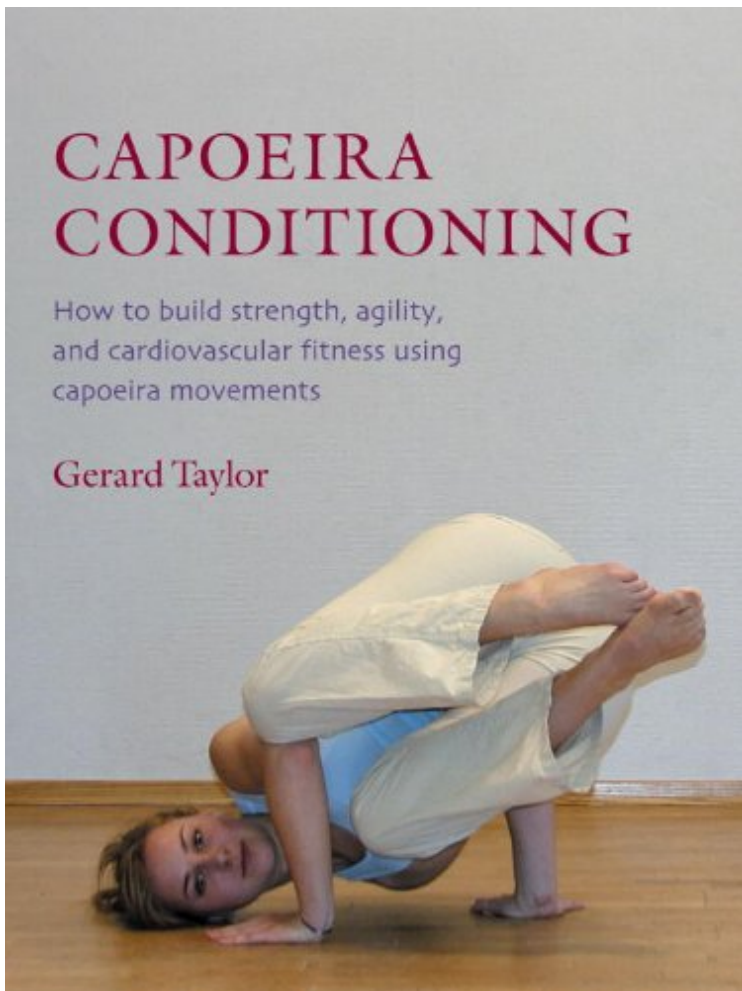


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Description :

Prsentation de l'diteurThe popularity of capoeira continues to rise as more people discover how useful and fun it can be for increasing agility and flexibility, as well as strength and endurance. Capoeira Conditioning is an illustrated guide to whole-body training based on this increasingly popular Brazilian martial art. Designed for all ages and all levels of experience, the book is a step-by-step training manual with photographs that guide users through every movement and sequence. Accompanying text gives special pointers and describes the fitness benefits of each individual technique. Capoeira Conditioning offers no-frills advice about nutrition, regularity of training, capoeira in relation to other sports, and capoeira conditioning for children, along with a simple QA section.

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Biographie de l'auteur A graduate of the London School of Capoeira, Gerard Taylor, co-founded the Oslo Capoeira Klubb in 1996. Since then he has taught classes and workshops to thousands of people of all ages and nationalities. He is the author of *Capoeira: The Jogo de Angola from Luanda to Cyberspace* and *Capoeira Conditioning*.