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2020-06-12

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Martial Arts Notebook Training Journal

Capoeira training journal. This log book has been specifically designed to help you make the most out of your Capoeira training sessions. Record details of each session and monitor your improvements, progression and development. Track your session details including date, week, instructor, weight, current belt, training partners Make a note of the techniques covered in the session Note the progress you made and anything you want to improve on next time General notes section for any other points you want to remember about the session

I Love Capoeira Notebook Createspace Independent Publishing Platform

Make the most out of your martial arts training sessions with this specifically designed log book. Each page has space for all the important details of your training session. Use the data you record to monitor your improvements and new techniques learned, keep track of specifics and technicalities, and keep an eye on any aspects of your training that need more focus. If you train twice per week, this log book will keep you going for over a year! Features: Track session details - Date, week, weight, session, instructor, belt rank Track techniques covered in each session Note progress made, and areas for improvement next time Space for your own notes

Capoeira Independently Published

Do you wish to improve your dancing skills? Consider this Dancing Journal! Keep track of all the practicing sessions you had and record what went well and points to improve. Don't forget any detail! Each page features a space for: Practice session date Place Teacher Skills practiced What went well Things to improve Mood after training (with a star scale) Notes This specialized notebook is perfect for: Students: By being organized in your training notes, and having a quick and easy way to review what you've learned, your skills will improve much more quickly. You will learn faster and remember more during your future practice sessions. You know you take notes in school to help you learn - dancing lessons are no different! Instructors: By having your students record your corrections and instructions, they will be able to review these before and during lessons, thus saving precious lesson time for working on new skills. You will find you will have to repeat yourself less often, and students will progress faster! Parents: When students write down the things they learned during lesson time, they will learn more quickly and make the most of precious practice time and coaching money. Size: 6 x 9 in - 100 pages; enough space to write, small enough to carry around in your bag.

No One Loves Capoeira More Than Me Training Journal

Martial Arts Notebook Lined Log Book For Brazil Lover: Capoeira Journal - Eat Sleep Repeat Gift You love martial arts, acrobatics and dancing? You are a proud brazil lover? Then get this cool Eat Sleep Repeat Gift Journal now or use it as a birthday or christmas

gift idea for someone who loves martial arts, acrobatics and dancing. You like to use some dance moves for fight and always want to be at a batizado? Don't think any longer and grab this Martial Arts Notebook Log Notebook now! If you like this Martial Arts Notebook logbook or looking for some more blank lined journals like this, then feel free to click our brand at the top of this page (right over the title). We always try to provide new designs to our customers, so maybe right for you. Here you always will find a perfect gift idea for your birthday kid or for every other occasion, like easter, back to school, fathers day, mothers day, halloween, christmas, new year and so on. So don't click around anymore and get your product right here!

Ginga Journal Independently Published

A Street-Smart Song delves into the boundless philosophical depths of capoeira, the fascinating synthesis of Brazilian dance and self-defense. Drawing from a wide range of sources—the streets of Salvador and Rio de Janeiro, the teachings of the old masters Pastinha, Bimba, and Leopoldina, and the brutal economic realities inflicted on the poorest of Brazil—Nestor Capoeira paints an indelible portrait of this living art, its spiritual heritage, and its vital place in a world hypnotized by media and crushed by poverty. The traditional poems and songs of capoeira are here, along with the author's lively discussions of everything from the space age and television's impact on third world culture to Candomble and capoeira's life-changing lessons. Rounding out this absorbing cultural survey are historical photos, sketches of weapons and instruments, and fully illustrated fighting movements, taught step by step.

[Assuming I Was Like Most Old Men Was Your First Mistake](#)

[Capoeira Veteran](#) North Atlantic Books

200 pages with 5" x 8"(12.7 x 20.32 cm) size for your exercise log. Note all trainings and workout logs into one journal.

Notebook for professional sportsmen

[Capoeira is My Therapy](#) Independently Published

This capoeira journal is perfect for those who want to write down their everyday goals or for capoeira classes. This brazilian capoeira notebook is the great gift for capoeira dad mom or any capoeira martial art lovers. 6 x 9 in (15.24 x 22.86 cm) 120 pages.

Energy for Work - Energy for Capoeira Notebook Blue Snake Books

This log book has been specifically designed to help you make the most out of your martial arts training sessions. Record details of each session and monitor your improvements, progression and development. Track your session details including date, week, instructor, weight, current belt, training partners Make a note of the techniques covered in the session Note the progress you made and anything you want to improve on next time General notes section for any other points you want to remember about the session

Capoeira Createspace Independent Publishing Platform

Blank Lined Journal Notebooks make the perfect gift for any occasion? This Unique and Funny Journal Notebook is sure to put a smile on your face. 108 6" x 9" Lined Pages are waiting for your

precious thoughts, goals, fears and secrets. With a glossy, full-color soft cover, this lined notebook is as practical as it is cute! And is the ideal size for lined journals for kids, journals for women to write in and makes an excellent birthday journal notebook gift. It could also be used as a diary to record all your creative self-expression such as poetry, short stories or self-help affirmations. Dartan Creations Journals & Notebooks are perfect for: Birthday Gifts Christmas Gifts Co-worker/Boss Gifts Journals & Planners Doodle Diaries Dream Journals Food Diaries Creative Writing Notebooks Hand Writing and Cursive Practice Prayer Journals School Notebooks Graduation Gifts Thank Your Gifts Teacher Gifts Inspirational Journals Mom Daughter Journal Journaling For Kids Blank Books & Journals Keepsake Journals And much more..... Order this beautiful journal notebook for kids, women and men TODAY! To see our thousands of journals just go up and click the blue link under the title. Want to find a specific style of journal just type Dartan Creations and the type of journal into the search bar. Example Dartan Creations Teacher Journal or Dartan Creations Dot Grid Journal and see what we have. Scroll to the top of the page and click the BUY WITH 1-CLICK Button!

Capoeira Training Journal: Capoeira Journal for Training Session Notes Createspace Independent Publishing Platform Cool Capoeira Design 120 ruled pages 6'x9' - Unique gift idea for players, Sportsman and Athletes, who love Capoeira. Notebook or Journal and a nice birthday gifts or Christmas present for sportfans or sportlovers. This Notebook is perfect for all Fans and Lovers of Capoeira. With this Writing Book, you can show your passion every day at work, in the school, collage or university. Write down your thoughts, ideas, tactics or whatever you want and be the owner of this unique Capoeira Notebook. Perfect for everyone who practise Capoeira in a Team or coaches some crazy Capoeira kids. Training Log Book or Trainings Journal for your perfect training and your progress. 120 ruled pages Unique Design For Fans and Capoeira Lovers 6'x9' Pagesize (DIN A5) Gift Idea for Friends or Family Find other Sport Notebooks by clicking on the author's Name.

My Sport Book - Capoeira Training Journal: 200 Pages with 7" X 10"(17.78 X 25.4 CM) Size for Your Exercise Log. Note All Trainings and Workout Logs In Independently Published Female Version. Our newest design for the female Capoeirista. From Best Selling Author, Chris Roel, now you can track your Capoeira training, progress, and music in the "The Ginga Journal". Keep a log of your new techniques, workshops, in the very first Capoeira journal. Stay inspired when you keep a journal of all your Capoeira learnings, aspirations, and progress monitoring. Click buy now!

Capoeira Training Journal: A Martial Arts Log Book: For Training Session Notes: Record Details, Techniques, Progress and Improvements Training Journal

This awesome, ruled composition notebook is perfect for all who loves Capoeira. Keep the notebook with you at all times and write down your ideas, thoughts and notes. With 110 pages, the notebook offers plenty of space for your notes at school, university or at work. Features: -110 ruled lined pages -6x9 inches -College book / school book -Personal Notebook -Diary - Perfect for many occasions as well, such as: -Birthday gifts - Graduation gifts -Gifts for pupils and students -Dream journals - School activity notebook -Vacation travel Journal -Home school notebook -Boys write journal -Girls write journal

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A Street-Smart Song

This is a Log Book Tracker. Simple and elegant Planner for students and teachers. It includes Space to record scores and classes, Take Notes or Keep Track of Habits. 120 pages, high quality cover and (6 x 9) inches in size. It makes the perfect gift for anyone you care about.

Born to Capoeira Notebook

Do you wish to improve your dancing skills? Consider this Dancing Journal! Keep track of all the practicing sessions you had and record what went well and points to improve. Don't forget any detail! Each page features a space for: Practice session date Place Teacher Skills practiced What went well Things to improve Mood after training (with a star scale) Notes This specialized notebook is perfect for: Students: By being organized in your training notes, and having a quick and easy way to review what you've learned, your skills will improve much more quickly. You will learn faster and remember more during your future practice sessions. You know you take notes in school to help you learn - dancing lessons are no different! Instructors: By having your students record your corrections and instructions, they will be able to review these before and during lessons, thus saving precious lesson time for working on new skills. You will find you will have to repeat yourself less often, and students will progress faster! Parents: When students write down the things they learned during lesson time, they will learn more quickly and make the most of precious practice time and coaching money. Size: 6 x 9 in - 100 pages; enough space to write, small enough to carry around in your bag.

My Sport Book - Capoeira Training Journal: 200 Pages with 5" X 8"(12.7 X 20.32 CM) Size for Your Exercise Log. Note All Trainings and Workout Logs Int

Personalized Gift For Capoeira Lovers I am 15 And i Love Capoeira is the best and great Birthday gift for someone who loves Capoeira. Lets her or him know how much you love and appreciate her or him. This Journal lined pages Notebook is perfect Birthday Gift for Capoeira game players and its perfect to be: -A 15 year old / A 15th Birthday Gift For Capoeira Lovers and Players, Coach - Christmas Gift Book for Someone who likes Capoeira and Strength and Agility Sports - Gift for Kids, Boys and Girls - Journaling For Kids - Gift for Sister, Brother Birthday - Gift for Son, Daughter, Grandson, GrandDaughter Birthday Anniversary - Gift for friend, Boyfriend, Best Friend - Gift for Niece, Cousin, Nephew - And more... Size: 6x9

Martial Arts Notebook

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Notebook

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