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By Mestre Ponchianinho

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Mestre Ponchianinho (Author of Essential Capoeira) -

Mestre Ponchianinho is the author of Essential Capoeira (4.50 avg rating, 2 ratings, 1 review, published 2008)

http://www.goodreads.com/author/show/1101798.Mestre_Ponchianinho

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Capoeira - Wikipedia, the free encyclopedia -

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Mestre Poncianinho's Essential Capoeira: The Guide to Mastering the Art; Nestor Capoeira's The Little Capoeira Book; Wikipedia of Capoeira Techniques; Mestre Foca

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