

Capoeira

martial arts
tradition



Capoeira is a martial art/dance/fight that originated in Brazil over 400 years ago. Brought to Brazilian plantations by African slaves, it emerged out of traditional movements and musical rhythms. Symbolic of liberation and freedom, Capoeira has become an integral part of Brazilian culture. It is played by people of all ages and is gaining in popularity around the world.

dance
play



Capoeira is played by small groups in **rodas** (circles). In the center of the roda two people play together. One starts by asking a question in the form of a movement and their partner answers with a response movement. A constant flow is created between the players in harmony with the music being played and sung.

music
rhythms



The movements and pace of each game are guided by the rhythms of a one-stringed instrument called the **berimbau**. It is accompanied by a **pandeiro** (tambourine), **agogo** (cow bell), **reco reco** (bamboo scraper), and traditional Folk Songs of Afro-Brazilian culture.

flow
agility
flexibility
challenge
focus

Classes *everybody welcome*

A step-by-step approach to training is provided. All students are initially given basic movements to practice and as they advance, they learn more complex movements.

In a typical class, students will be asked to work in pairs and individually where one-on-one attention is provided. At the end of each class a roda occurs. This is where all the students come together and apply the

movements they were practicing, while learning how to play traditional Capoeira instruments and sing in Portuguese. Classes include stretching, warm-up, and training in Capoeira movements. We will also address traditional rules and philosophy.

Class duration ranges between 1.5-2 hours. Classes are appropriate for children over the age of 6.

schedule	Session 1 – 5 weeks 2 classes
	Session 2 – 7 weeks 2-3 classes
	Session 3 – 9 weeks 2-3 classes
	intensives 1 week; 20 hours
Workshop Sat/Sun; 5-7 hours	



Mestre Joao Carlos Bordallo has thirty-three years of Capoeira experience. Originally from Santos Brazil he now resides and teaches in Portland, Maine.