

AXÉ CAPOEIRA

ARTIST IN RESIDENCY - PROGRAM GUIDE

*IN-SCHOOL PROGRAM GUIDE FOR EDUCATORS AND PARENT ADVISORY COMMITTEES
OUTLINING WHAT OUR CAPOEIRA PROGRAMS HAVE TO OFFER AND DETAILING OUR
PROGRAM OPTIONS*

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TABLE OF CONTENTS

LETTER OF INTRODUCTION	2
CAPOEIRA	3
PROGRAM DETAILS	4
PRICING	5
PROGRAM OPTIONS.....	6
MUSIC & DANCE.....	7
PHILOSOPHY.....	7
WE MAKE IT EASY.....	8
INSPIRING ACHIEVEMENT	9
ABOUT GRUPO AXÉ CAPOEIRA	10
CONTACT INFORMATION.....	11

AXÉ CAPOEIRA

ARTIST IN RESIDENCY - PROGRAM GUIDE

Dear teachers and administration,

As one of the most popular and widely reputed martial arts academies in Vancouver, Axé Capoeira would like to offer you the opportunity to introduce your students to a unique and interdisciplinary art form that has inspired thousands of children, youth, and adults since taking root in the city in 1990. With its emphasis on active health, the arts, social inclusion, and cultural appreciation we believe that capoeira fills a much-needed niche in the education of today's students; particularly in light of observed rising obesity rates among Canadian youth and the far reaching benefits of inclusive anti-bullying social and cultural experiences. As an Afro-Brazilian art form, capoeira will teach students an appreciation for multiculturalism through music played on traditional Afro-Brazilian instruments, songs sung in Portuguese, and aspects of Brazilian dance. All the while, students will also expend pent-up energy to renew focus for the classroom, by participating in intensive physical activity through training capoeira self-defense movements and supplementary physical conditioning, with many attendant benefits as described in the following pages. Having seen firsthand the effects of learning capoeira on the students we have taught at our downtown academy and around the world, we believe that the inclusion of a capoeira program would be an asset to your school, in the eyes of students, teachers, and parents alike. Please peruse the included information guide and feel free to contact us if you have any questions, would like to know more or see a demonstration.

"THE TEACHERS WERE IMPRESSED WITH THE OVERALL PRESENTATION AND HOW KEN WAS ABLE TO TEACH AND LEAD THE STUDENTS AT A LEVEL THAT ALL THE CHILDREN WERE ABLE TO ENGAGE IN AND TAKE SOMETHING AWAY." —
AGNES KRAMMER, LEARNING RESOURCES
TEACHER, ST. JAMES AND ST. ANN'S
ELEMENTARY

To see a video of one of our programs in action please visit: <http://vimeo.com/58945770>.

Please peruse the following information guide and feel free to contact us if you have any questions, or would like to see a demonstration.

Sincerely,

Kenneth Clarke AKA 'Graduado Polvo'
Senior School Program Leader Grupo Axé Capoeira

CAPOEIRA

Capoeira (“kap-oo-ay-rah”) is an Afro-Brazilian martial art form that combines music, self-defence, dance, acrobatics, and physical conditioning to create a unique, multidisciplinary experience. The art form was created over 400 years ago in Brazil, developed by African slaves as a form of recreation and self-defence against the Portuguese colonizers. In order to conceal what they were doing, the slaves disguised their martial art as a benign art form, adding in elements of dance, music, and later, acrobatics. As a result, capoeira is one of the most inherently diverse martial arts in the world today, with creativity, music, self-expression, and strategic thinking as much a part of the core curriculum as physical training and fitness.



PROGRAM DETAILS

ARTIST IN-RESIDENCY GUIDING PRINCIPLES, PRICING STRUCTURE AND PROGRAM OPTIONS:

GUIDING PRINCIPLES

- **Teach** students a basic understanding of, and ability to perform, 4 main elements of Capoeira:
 - self-defence (kicks and escapes)
 - aesthetic (expressive and fun acrobatics)
 - musical (Afro-Brazilian percussion)
 - linguistic (instructions and songs in Portuguese)
- **Inspire** students with daily demonstration of Capoeira movements and their application
- **Educate** students on the history and purpose of Capoeira
- **Encourage** students to embrace self-expression, individuality, and learning
- **Maintain** a safe and disciplined training environment throughout residency

PROGRAM OUTCOMES

By the end of any program all students will be able to name, physically perform, combine, and apply the following movements:

Jinga (meaning: 'swing' looks like: fundamental side-to-side sparring stance of capoeira)

Cadeira (meaning 'chair position' looks like: fundamental stationary stance of capoeira)

Cocorinha (meaning 'little coco nut' looks like: lateral escape)

Quelle di quattro (meaning: 'walk 4' looks like horizontal movement)

Role (meaning: 'role' looks like: lateral movement)

Meia lua di frente (meaning: 'half moon to the front' looks like gentle front attack)

Ponteira (meaning: 'pointer' looks like: straight front attack)

Au (meaning up and over' Looks like cartwheel acrobatic)

Madjinga (meaning 'trickery' a un-restricted self expression dance based movement stemming from the creativity of the individual student)

During more intensive in-school programs students will also learn:

Macaco (meaning 'monkey' looks like: backward jumping acrobatic)

Armada (meaning 'armada' looks like: spinning attack)

Esquiva de frente (meaning 'escape to the front' looks like: lunging low escape)

Martelo (meaning 'hammer' looks like: side cutting front attack)

Au sem mau (meaning 'up and over no hands' looks like: sideways scissor jumping acrobatic)

Students will be able to 'play' Capoeira against one another (no contact) by combining and applying their movements in the 'roda' of capoeira.

Students will learn to protect themselves at all times and to refrain from over-aggressive engagement.

Students will be able to sing 1-3 basic Capoeira songs.

Students will learn to count to ten in Portuguese.

Students will be able to identify and name 3 main capoeira instruments: berimbau, atabaque, and pandeiro.

students will be able to play basic capoeira rhythms on the pandeiro and atabaque.

Students will learn the the **5 Ws** of capoeira to give them a historical perspective: **what** is capoeira, **where** **was** it created, **who** created it, **why** did they create it, and **when** was it created.

PRICING STRUCTURE

All programs will be led by a senior Axé Capoeira instructor, with a minimum of 12 years of experience training and teaching Capoeira.

Every session of the program will include professional demonstrations of the elements of capoeira as outlined in the program details (self-defence, acrobatics, Afro-Brazilian percussion, songs and instructions in Portuguese).

Senior instructors will also be accompanied by 1 - 3 junior instructors (6-10 years of experience) to help supervise, administer instructions, demonstrate movements and give 1 on 1 attention to individual students.

Pricing factors in travel considerations and instrument transport.

Prices include program selection consultation

Pricing is based on a full day rate of \$800 and a 1/2 day rate of \$400

PROGRAM OPTIONS

Definitions:

Half day = AM only or PM only sessions.

Full day = AM and PM sessions

Part time = 2-3 days per week

Full time = 5 days per week

Multi-week = 2 - 8 weeks

Based on budget and availability we will tailor one of the following programs to suit the needs of your school:

- A) multi-week - part time - full day
- B) multi-week - part time - half day
- C) 2 week - full time - full day - with student performance*

*the student performance is an optional end of program demonstration for parents, teachers and members of the community that includes choreographed routines, song, and capoeira demonstrations by the students themselves.

MUSIC & DANCE

Music is an integral part of capoeira. Along with capoeira movements, students also learn to play Brazilian musical instruments and are taught traditional capoeira songs in Brazilian Portuguese. The percussion music controls the style, flow, rhythm and speed of the capoeira game being played. The song lyrics communicate to the capoeiristas in the roda, perhaps instructing them, encouraging them, playfully mocking them or transmitting messages of unity, gratitude, and self-confidence. As a result of its origins, capoeira has traditionally been closely tied to various Brazilian dances, such as Samba, Afro, Maculêlê, and Coco de Roda. Participants are exposed to these aspects of Brazilian culture complementary to capoeira training, making them more knowledgeable and well-rounded as students.

Through the physical, musical, interactive, multicultural, and disciplinary aspects of capoeira, students of the martial art learn to interact productively; listen to themselves and each other; develop a sense of timing, rhythm, and coordination; are introduced to a new language; and acquire an appreciation for Brazilian culture.



PHILOSOPHY

While other martial artists fight or spar, Capoeiristas “play” capoeira, a reflection of its historical roots as well as of its versatile nature. Rather than two individuals alone on a straight-edged mat, capoeira has two capoeiristas interacting and challenging each other inside a circle, called a roda (“haw-dah”). Those forming the surrounding circle contribute by singing, clapping, and playing Afro-Brazilian musical instruments in the bateria, and are charged with keeping the energy high and positive! The two capoeira players inside the circle draw on a repertoire of kicks, escapes, and other movements they have learned in order to evade, trick, outwit, and outplay their opponent. At the same time, they strive to exhibit physical prowess, personality, creativity, humour and keen awareness in the ever-evolving situation of the current “game”. The underlying philosophy of capoeira as a martial art is evasion over disruption, smoothly slipping out of the way of an incoming strike rather than abruptly blocking it—or better yet, absorbing and transforming the attack into a creative counter-movement.

ALL-ACCESS

On-site classes will offer your school the same quality of capoeira instruction as at our Vancouver academy. By collaborating with us, you will give students and their families access to an educational and enriching opportunity that may be otherwise out of means due to distance or financial reasons. Allowing your school to become a portal of multiculturalism will also give you direct, priority access to Axé Capoeira performances at a discounted price. Our performances, which occur annually at venues such as the Afro-Brazilian Carnaval on Granville St, consist of costumed, choreographed spectacles of Brazilian dances and live music. Whether it's a sports day, graduation, or special assembly, you will never have to worry about the hassle of booking for entertainment again, while remaining within budget and supporting a local business.

WE MAKE IT EASY

THE AXÉ CAPOEIRA IN-SCHOOL STUDENT PROGRAM makes it easy and convenient for teachers to provide their students with an empowering and enriching multicultural experience.

On-site classes may be arranged for students of any age, of any number, for any length of time (40-90 minutes recommended), at any time during the school day. We will fit our classes seamlessly into the school timetable, whether during school hours, lunch, P.E., after school care or otherwise.

Axé Capoeira offers free consultations, in person or over the phone, to determine the ideal capoeira class timeline, itinerary, class size and age groups to suit your school or organization.

If requested, Axé Capoeira will also organize a sharing performance at the end of every program, so that parents, teachers, family, and friends may see firsthand students' new capoeira skills and knowledge!



INSPIRING ACHIEVEMENT

Capoeira is an all-ages activity, meaning everybody from kindergarteners to pre-teens to teachers themselves may participate. Students will interact with each other in a unique, novel, fun, and mutually respectful context, leading to better relationships in the classroom, between students and teachers, and among students themselves. Grupo Axé Capoeira is known internationally for its high standards of capoeira training and performance. Students of our classes will become well equipped with new skill sets, increased self-confidence, open-mindedness, and new appreciation for different cultures, preparing them for the increasingly globalized future as they mature as students and become young adults. Our highly experienced capoeira instructors regularly customize classes to students of different age and skill levels, creating a totally inclusive environment while ensuring students are challenged according to their respective potentials. Teachers and parents relax knowing their children are in the hands of a safe professional who presents students with a role model of personal discipline, health and dedication to a worthwhile pursuit. As a result, students are inspired and trained to strive beyond their perceived limits, whether in capoeira or in the classroom.



ABOUT GRUPO AXÉ CAPOEIRA

The group began in Recife in 1982. Today, as Canada's first academy of Capoeira, they continue to rise as one of the world's leading Capoeira organizations. Backed by worldwide releases of eight albums of music on CD, several VHS and DVD performance releases and the four Volume Instructional DVD compilations, enrollment continues to steadily increase with over 10,000 members around the world.

The group continues to travel around the world and participate in competitions and has participated in the 2001 International Capoeira Competition in Argentina. Furthermore, Grupo Axé Capoeira is renowned as a traveling group which promotes the history, music, art, and culture of Brazil in interactive and educational demonstrations.



CONTACT INFORMATION

In-School Program Leader
KENNETH CLARKE

PHONE

604.715.4009

MAILING

502-1281 Broughton
Vancouver, B.C. V6G 2B6

EMAIL

axeprograms@gmail.com

WEB

www.axecapoeira.com

