



CAPOEIRA

PLACEMENTS IN BRAZIL

ADDITIONAL INFORMATION

Sun, Samba, Energy, Capoeira, Music, Laughter and the fabulous and lavish Carnaval ... Brazil has all of this and much more.

If you are looking for an injection of life to make you feel alive, Brazil is the place for you!

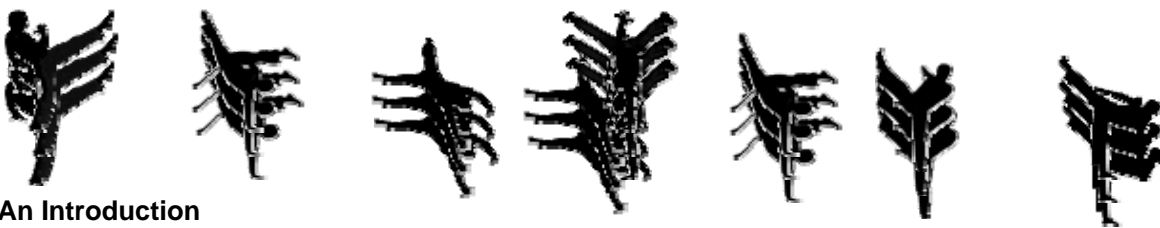
This tropical paradise is alive with mad passion in every walk of life. Axe (a-chay) means energy in Brazil and nowhere else is the heart-pounding, rhythmic energy more prevalent, be it an impromptu capoeira roda on a street corner, bursting with music, excitement and physical perfection, or the sound of loud raucous laughter between two acquaintances over ice cold beer in local open sided bars.



“Capoeira is Capoeira” - Master Burguês. So that you can understand this definition better, you must live it.

You don't need any previous knowledge or training to participate in a Capoeira placement with Travellers in Brazil - Just bring a little enthusiasm and energy and we'll give you the rest!

The Love: Sport is synonymous with the people of Brazil – you would be hard pushed to find a nation more fanatical about sport whether it's being played or simply watched, Brazilians are crazy about it – and it's not just the more famous sports that draw the attention of the people - the enthusiasm is always the same. Sport goes back along way in Brazil and it's entwined in the countries history and culture. Nowhere is this statement truer than with the sport, or as some prefer it to be regarded, the art of Capoeira.



An Introduction

Capoeira possesses a unique style which brings beauty and power together with developing mental balance, physical conditioning, self-defence, music and a profound sense of art. It is the music that conducts the way the game or *jogo* (jo-go) will be conducted. A different rhythm calls for a different speed and type of game. The lyrics, traditionally in Brazilian Portuguese, also dictate game characteristics.

A History

The history of Capoeira is in part a charade and full of mandinga (secrets/deception), much like the actual jogo de capoeira.



In the 1500's the Portuguese arrived in Brazil and subjugation of the local population began. The indigenous Indian population quickly perished under Portuguese rule. As a result the Portuguese brought in hundreds, even thousands, of Africans as replacements. Of the African slaves shipped in to Brazil there were three main groups; the Sudanese, the Mohammedanized Guinea-Sudanese and the 'Bantu' group. The Bantu Group brought with them their own culture – a culture based in the body, mind, heart and soul, passed down through generations – because of this strong cultural history, it is believed that the Bantu group first initiated the birth of capoeira.

Around 1814, capoeira suffered repression and was prohibited by the slave masters. In 1888, the Golden Law was signed abolishing slavery, but the newly freed slaves could not find a place for themselves within the society, the capoeiristas quickly descended into criminality and capoeira followed along with them. Criminal gangs formed and terrorised people, the gangs were used by monarchists and republicans against their adversaries.

In Bahia, capoeira was still being developed into a ritual-dance-fight-game, and the berimbau was used to command the rodas (ho-da). For the criminals in Rio they had become experts in the use of kicks (golpes), sweeps (rasteiras) and head-butts (cabeçadas) as well as the use of blade weapons. The art was slowly extinguished everywhere except Bahia. This is when legendary figures made their appearances.

The two central figures in the twentieth century were without doubt Mestre Bimba and Mestre Pastinha. Modern Capoeiristas aim for what these men were or represented, both are legends and considered the heart, soul, spirit and essence of the martial art. It was in 1932, in Salvador that Mestre Bimba opened the first ever capoeira academy. He began teaching 'the regional fight from Bahia' now known as capoeira Regional. With this opening a new era of capoeira began, as the game was taught to the children of the upper classes of Salvador.



In 1941, Mestre Pastinha opened his capoeira Angola school, this was the first time that it was practised and taught openly in a formal setting. Because of his noble sayings he became known as the 'Philosopher of Capoeira'. Unfortunately government authorities had the academy confiscated. The last years of his life were sad, he was blind, abandoned and lived in a small room until 1981 when he died at the age of 92.

Over the last fifty years capoeira has grown hugely, competitions and academies are surfacing everywhere, and in 1974 it became recognised as a national sport in Brazil which meant the creation of a National Federation of Capoeira.

Styles Practised

There are two forms of capoeira, Angola (an-goal-la) and Regional (hey-zion-al). Angola is the original form - the regional style developed later on. Angola is slower paced, apparently relaxed and close to the ground, with subtle yet cunning moves and much longer games. The Angoleiros (players) squat quietly, waiting for their turn; they traditionally wear yellow and black clothing and shoes. For this style they use a group of three berimbaus, two pandeiros (tambourines), an atabaque, a reco reco and an agogô.



The Regional style is faster paced with more dynamic, acrobatic, yet much shorter games. Regionals stay mainly erect and throw faster attacks, with more jumps, the other regionals stand whilst waiting for their turns they clap to the rhythm of the music, regionals wear white clothing. This style utilises a group of one berimbau and two pandeiros (tambourines).

Your Capoeira School

You will be enrolled to study Capoeira with the '*Grupo Muzenza de Capoeira*' in Rio de Janeiro, Brazil.

The group '*Grupo Muzenza de Capoeira*' was first founded in May 1972 by Pulo sérgio da Silva (Master Paulão). Master Paulão came from Master Mintirinha's (Luis Américo da Silva) group '*Capoarte de Obaluaê*'. In October 1975, Master Bourgeois (Antonio Carlos de Menezes) arrived at Curitiba, Paraná. It was in Curitiba that he decided to founder a headquarters of Grupo Muzenza, establishing and developing a methodology and philosophy for teaching. The group soon spread and the centre in Rio was born into life.

Grupo Muzenza's main purpose is to spread capoeira and its philosophy, seeking the technical, theoretical and pedagogical development of capoeira as a cultural art, a wrestle, a job and a way of life, whilst always trying to bring back the value of the elder masters as credible representatives of the true Brazilian cultural manifestation. It also aims to contribute to the formation of new professionals of capoeira, based in the respect, discipline, socialisation and

freedom of expression as a world citizen. Grupo Muzenza tries to pass capoeira on to the group's followers as a wrestling art and the manifestation of a people who express through freedom and tradition.

'During the walk around the world ("volta ao mundo") you will find all there is in life, good and evil. The success of the walk will depend on your capabilities as a player, particularly, your personality, your disposition, and lots of malice.' – Master Burguês.

The Course:

Grupo Muzenza teaches the art of Capoeira 6 hours-a-week, with the time split down into three sets of two-hour lessons. The teaching style is focused, but informal, and revolves around the old adage that practice makes perfect. Lessons will be held by Master Cid, Master Burguês, or one of their highly experienced assistant teachers. The lessons are held in big gymnasium in Niterói city (just outside Rio) although sometimes you might move out to Icaraí beach, which is 10 minutes walk from the gym, for a lesson under the sun!

In addition, some students may from time-to-time be lucky enough to have the opportunity of gaining their first Capoeira belt – the grey belt. To be gain a belt you must take part in a grading event - *'The Batizado'* - involving the participation of many masters from all over Brazil.



Placement Availability

Much of life in Brazil revolves around the summer and the Capoeira centres & schools are no different. You never need to give a Brazilian an excuse to kick back and enjoy life and the school based in Rio follow suit with the centres schedules circling around the national calendar; taking time out for a two week break in the middle of the month of July and then another extended break from the middle of December through until after the carnival has finished, which is normally by late February.



Rio de Janeiro - Food & Accommodation

You'll stay at the *Turístico Hotel*, roughly 10 minutes from downtown Rio, located in the glorious *Glória village*. It's remarkably easy to get around whether you choose the bus - with buses running to everywhere imaginable within Rio, or, you choose to ride the underground – with the hotel lying just across the street from the Glória underground station.

You are situated close to the nearby area of *Baía de Guanabara*, in *Aterro do Flamengo* - the region is well-known for being a favourite among tourists. The hotel has a very welcoming atmosphere catering to tourists and backpackers

alike; coming to Rio from all over the globe – helping to provide the hotel with a wonderfully social atmosphere.

Twin rooms come as standard, and all the rooms are usually well-equipped boasting their own TV, fridge, air-conditioning and bathroom. In the hotel you will likely share a room with another Travellers volunteer/s (depending on the type/s of room available).

Past experience has shown us that most of our volunteers' regard eating out as one of the highlights of living in South America. You are located in the heart of Rio so there is an almost endless variety of dishes and restaurants available to you to sample - which is why we've provided the accommodation with only breakfast included – this helps keep the cost down for you and allows you the freedom to go out and be adventurous! Although it must be said that the breakfast, with the Brazilian twist added to that of its continental counterpart really is fantastic with its natural fruit juice, fruits, coffee, milk, bread, cheese, ham, butter, jams,



and sweet cakes (popular in Brazil for breakfast) among other things – should ensure that you will be well set to start your day.

Meals in local restaurants will vary greatly; you can spend a couple of pounds or a couple of hundred pounds...if you really wanted to. The range of fair in Rio rivals that found in any city the world over. For those budgeting there are some very inexpensive options available and you'll dine out handsomely on about £4 (\$6); although you could be lucky and get away with spending even less and still be eating well. The trick is to keep your eyes peeled for the bargain eateries offering specials such as buffet lunches. Also don't forget the supermarkets are a good option and are comparable in standard to those found back home.

THE NEXT STEP

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I do hope you join us and please do call or email if you have any questions at all about this or any of our other projects – 01903 502595 or email info@travellersworldwide.com

If you would like to know more about Travellers in general, or about any of our other projects we run in over 18 countries worldwide, please visit our website at www.travellersworldwide.com

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