

Message From Mestre :

This month I'd like to share the importance of a capoeirista's nickname. This tradition was born of necessity during the period of capoeira prohibition. The nickname served as a kind of camouflage, preventing the police from learning a capoeirista's true identity and safe guarding their families from danger, should they be caught. Today, we carry on this practice as a way of honoring capoeira's history and welcoming students into the CBLA family.




News And Events :

Saturday, June 4th: Mestre Boneco taught a packed workshop in Northeast LA at **LIVE ARTS**, a great new cultural space in Eagle Rock. The axé was amazing. Thanks to all that came out for this 3 hour event. **Chegado** and **Pavão** will be hosting monthly workshops at LIVE ARTS, the next workshop is on August 6th with **Professor Cocada** from **United Capoeira Association** in Berkeley and **Instrutora Joy** from **Capoeira Brasil New York**. Check out the Facebook event [HERE](#). Email instrutorapavao@gmail.com for more info.

Tuesday, June 7th: CB performed at **Brentwood School** to an enthusiastic group of 3rd graders. After the performance, **Mestre Boneco** taught a short workshop for the eager students, followed by an energetic roda. A good time was had by all!

Friday, June 17th: CB hosted an 8th grade class from **New Los Angeles Charter Middle School** for a special workshop at the academy. The students were there to learn about health and fitness programs available in their neighborhood. Thanks to all that helped in this outreach effort.



Good News From CBLA :

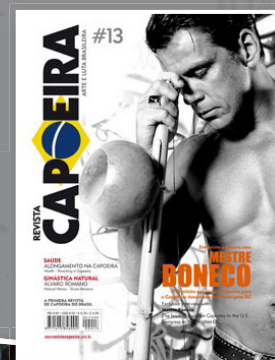
Summer is finally here, CB! The sun has arrived, LA is heating up and there's a surge of good news for us to share!

If you haven't already seen the buzz on Facebook, check out our very own **Mestre Boneco** in the latest issue of **Revista Capoeira**! Mestre graces the May/June cover of the magazine and is featured as the subject of its cover story.

We want to congratulate two of our collegiate go-getters this month! Parabéns to **Camundongo**, who was recently accepted to **UC Riverside**. He will begin classes in the Fall to pursue a degree in Electrical Engineering. And congratulations to **Mamute**, who recently earned his Bachelor's degree in Linguistics!

Professors **Saracuru** and **Axé**, as well as **Potira** recently teamed up to represent CB and perform Capoeira for the **O.Brown Show**, where **Lacinho** works as the show's co-host. The segment aired on **B-Real TV**, a side project of Cypress Hill's lead rapper.

Lacinho recently participated in a number of exciting projects, including the taping of the band **FreeSol**'s new music video featuring **Justin Timberlake**. **Lacinho** is featured as a break dancer in the music video. She was also featured in a German fitness magazine and a segment on **LA Talk Live!**, a live radio talk show, which mentions her involvement with Capoeira.



Photos Of The Month :



In 2004 CBLA had a Halloween party in which students dressed as their nicknames.



Feature Corner: Capoeira Nicknames

Sometimes subtle, other times blatantly obvious, Capoeira nicknames, apelidos, are a conversation starter and a source of much humor in the community. Your Capoeira apelido can reflect a personality trait, your appearance, a hobby you have or perhaps something about you that is less noticeable. Mestre has been known to give nicknames that are perfect without even realizing how appropriate they truly are. Some years ago he named a student Bufalo only to find out that the student had a huge buffalo tattoo he had never seen! Some people in our group have really come to identify with their nicknames. Check out this month's corner art to see some students' expressions of their nicknames. If you have yet to receive an apelido, be patient, it will come with time!

Birthdays :

MESTRE BONECO	7/21	Alexander Hudlin	7/18
Alongadinho	7/3	Gigante	7/19
Esforçada	7/5	Cabeleira	7/19
Michael Totten	7/6	Nadege Salomon	7/19
Arrepiado	7/7	Árvore	7/22
Kyelynn Chiong	7/7	Rasta	7/24
Quebrado	7/11	Leãozinho	7/29
Louva Deus	7/10	Flamingo	7/30
Colibrí	7/15	Calango	7/31

Training Tip : Second Sequence

The second sequence is very similar to the first sequence that we covered in the previous newsletter. With this sequence, the person who initiates the sequence adds a meia lua de compasso from back. As with the previous sequence, work on the distance and timing of the kicks so that you force your partner to esquivar. For the video link [CLICK HERE](#).

CAPOEIRISTA – A

- 1a. Meia Lua de Frente
Half Moon to the Front
- 2a. Meia Ginga
Half Ginga
- 3a. Esquiva dois (Esquiva de Ginga)
Escape two (Escape of Ginga)
- 4a. Meia Lua de Compasso
Half Moon Compass
- 5a. Passada pras Costas*
Walk from Behind

CAPOEIRISTA – B

- 1b. Esquiva dois (Esquiva de Ginga)
Escape two (Escape of Ginga)
- 2b. Descida Trocando
Go down and change
- 3b. Negativa com Meia Lua de chão
3b. Negativa with Half moon from the floor
- 4b. Esquiva dois (Esquiva de Ginga)
Escape two (Escape of Ginga)
- 5b. Queixada de Traz
Queixada from Back

*In the fifth step, Capoeirista B leads with the kick and Capoeirista A reacts with the Walk from Behind.

New Students :



Andrew Cooke



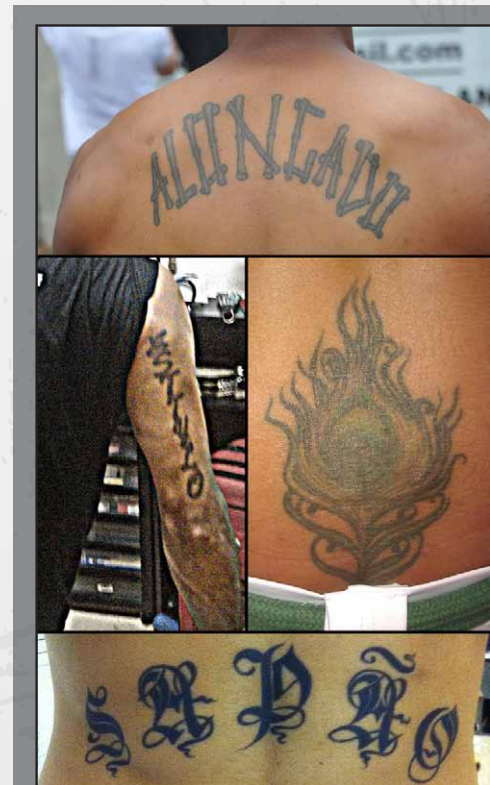
Klara Otis



Fay Shobayo



Solomon Leath



Tattoos showing student's Capoeira apelido

Song Of The Month : *La Lave*

PLAY ▶

**Bem-te-vi voou, voou
Bem-te-vi voou, voou
Deixa voar**

**CORO:
Lá lauê lauê lauê lauá
Oh la lauê lauê
Lá lauê lauê lauê lauá**

**Que som, oh que arte é essa
De luta e brincadeira
Que roda maravilhosa é essa
É Brasil Capoeira,
Em cada som, em cada toque
Em cada ginga, tem um estilo de jogo**

**CORO:
Em cada som, em cada toque
Em cada ginga, tem um estilo de jogo**

CORO

The bem-te-vi flew, flew
The bem-te-vi flew, flew
Let him fly

Chorus:
La lave lave lave laua
Oh la lave lave
La lave lave lave laua

What sound, what art is this
Of fight and playfulness
What marvelous roda is this
It's Brasil Capoeira
In each sound, in each rhythm
In each ginga, there is a game style

Chorus:
In each sound, in each rhythm
In each ginga, there is a game style

Chorus

Bem-te-vi is a small bird, that is very common in Brasil.
Literal translation - I saw you well. Name comes from the birds song,
which sounds like they are saying "bem te vi."

Falamos Português :

Word of the Month: **Apelido** (Ah- peh -lee-doo)
Translation: **Nickname**

Word application/Commonly used (In Class) as...

An apelido is a nickname, but it is also your surname in English. Receiving your apelido in Capoeira is a proud and defining moment for many of us. Ask any capoeirista the origin of their apelido, and they're sure to recall with a smile the day they received it, and the master that named them. As we grow in Capoeira, it can be like taking on a second persona as we identify and cultivate ourselves as capoeiristas. Realize however, that your apelido is part of you and it is what you make of it, and how you choose to define yourself.

FOREIGN CORRESPONDENCE : Quebrado in The Middle East

Greetings from "The Middle East"

My trip back home to Beirut, Lebanon has been great so far. I have been training with Sobreviventes a branch of UCA and also with Filhos de Bimba. Both groups are welcoming and amazing to train and hang out with. With the limited number of capoeiristas, it's great to see how both groups help each other out in every way they can.

In addition to training, I have been working with Volta ao Mundo (VAM), a Lebanese-Brazilian non-profit cultural association created by the members of Sobreviventes. VAM's first project is "Jogo de Paz" (Game of Peace). They offer Capoeira training to refugee youth in Lebanon and also help kids with peace building, tolerance, discipline and cooperation using Capoeira as an educational and cultural tool. Working with these youth is a challenge, we stay positive and hope that with time we can gain their trust, and make small, positive changes in their lives with Capoeira.

I miss my Capoeira family in LA see you guys in 2 months.
Lots of axé and love from Beirut.



Students proudly displaying their apelido

