



capoeira brasil

LOS ANGELES

Newsletter #4 - April 2009

Message from Mestre :

On Wednesday, April 22 we celebrate Earth Day. As I think about Capoeira's relationship to our planet, I realize that a link can be drawn between the Ginga and the earth. While each Capoeirista will develop their individual style, one common characteristic of a strong Ginga is that it must connect you to the earth. You must feel the ground beneath your feet when you Ginga!

Much like a tree, a Capoeirista must be strongly rooted to the earth in order to have a strong foundation. A tree without deep roots will easily be knocked over by even a small breeze. A Capoeirista, whose Ginga does not have a strong connection to the earth, will easily be taken down or tricked by their opponent. But at the same time a tree cannot be rigid and unbending. It must be light and agile and able to sway in different directions to avoid breaking. The same is true of the Ginga. Whether you are in the roda or just warming up, picture your feet connecting with the earth in each step you take and your body swinging freely. This will help you to feel more solid and confident in your game.



News and events :

SPRING BATIZADO AND MUSIC FESTIVAL 2009

Our next big CBLA event is a Youth/Parents Batizado and Music Festival. May 1, 2009 – May 3, 2009. The workshops will be Friday night and Saturday morning. The Music Festival will be Saturday night and the Batizado will be Sunday morning. If you have any questions, feel free to email us at capoeirabrasil@gmail.com

BRAZILIAN AMAZON and EARTH DAY

In honor of Earth Day, we would like to talk a little about the beautiful, fascinating and sadly, endangered Amazon rainforest that covers 1.5 million square miles of Brazil. Due to commercial land clearing and other factors, deforestation has become a major issue in the Amazon. For more information, please click on the following link: <http://www.mongabay.com/brazil.html>. Our "corner art" this month features animals, who reside in the Brazilian Amazon and have become endangered. There are things we can do. Learning more about the rainforest is one thing. You can also follow this link: www.therainforestsites.com One click per day by each of you can save acres of the rainforest, and it's free!

As part of our celebration of Earth Day, CBLA has decided to start a carpool program. An experimental online group has been started to help coordinate that. If you are interested in being a part of this, and especially in being a "captain" of your neighborhood, please email us at capoeirabrasil@gmail.com. You will be added to the list. Let's all be responsible and do our part!

Also, here are some great green sites you might want to check out as well:
www.inhabitat.com - www.ecogeek.com
www.greenopia.com - www.coopamerica.org
www.freecycle.org - agreenliving.net
newglobalwarmingeffects.com

You can also access dozens of links on sustainable living [here](#).



Good news from CBLA :

Festinha!

Festa's long-awaited little bundle of joy finally arrived on March 21st. With a full head of beautiful black hair, **Sydney Bobbie Taylor** was born weighing 8 lbs, 3 oz. Now the party's complete!

More Capoeiristas on the Way . . .

Two of CB's teachers are now taking on an even more demanding job: Mommy. Both Contra-Mestra **Magali** and Instructora **Felina** are expecting. With strong mamas like these, no doubt these little ones will be well protected!

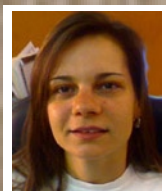
Accepted!

Our very own **Preciosa** (Mila) was recently accepted to Immaculate Heart Middle School. Congratulations!

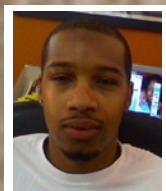
CBLA in the Peace Corps

Think the bad economy can stop CBLA from doing their part for others? Think again. CBLA's **Encantada** (Amber) will not only be "giving back," she'll be giving 27 months of her life to serve in the Peace Corps in Suriname, a small country in South America (pop: 475,996). Serving as the Community Health Educator in a small remote village, Encantada will be tasked with addressing issues of sanitation health in a place that likely has no electricity or running water. We wish her all the luck in the world! Her last day at the academy will be April 17th. Please join her at Gaby's that night after the Roda!

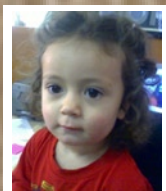
New Students : March 2009



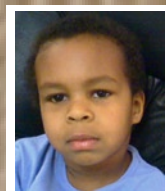
Marina Vilhena



Largarto (Lizard)

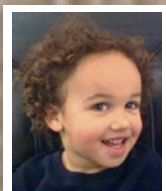


Kaiya Williams

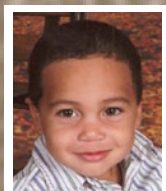


Serio (Serious)

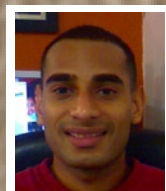
New Nicknames:



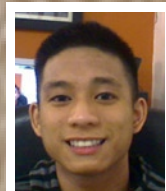
Mijojo (Curly Pasta)



Alongadinho (Little Alongado)



Sombrancelha (Eyebrows)



Disposto (Ready)

Mico Leão Dourado - Golden Lion Tamarin: endangered since the late 60's at times critically endangered

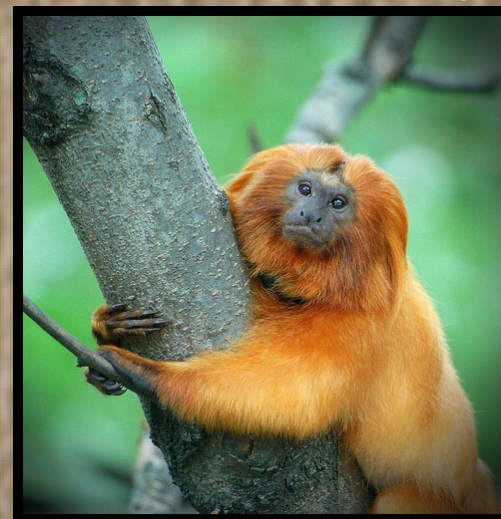


Photo of the month :



Thanks again to Grega for this month's Photo ! - The natural phenomenon of "The Meeting of the Waters" in Manaus. This is where the Rio Negro (darker water in front) and the Rio Solimões (brown waters) meet and run side by side before they merge to become the Amazon River.

Falamos Português :

Word of the Month: **Mundo** (Moon-doo)
 Translation: noun. - **World**

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

If you've ever been at a Friday night roda while Mestre calls the instructors and above to play in a fast regional game, and suddenly one of the players motions to the other to walk in a circle around the roda, then they squat again at the berimbau, and you wonder...what are they doing?! Well, it's called "volta do mundo", which roughly translates to "(go) around the world". In capoeira volta mundo is where the game is momentarily interrupted (either due to a takedown or to allow one player to catch his or her breath). Both players walk counterclockwise around the roda (around the "world") and then return to the foot of the berimbau to restart the game. So next time you see two green cords walking around the roda, whatever you do...resist the urge to trip them!

Birthdays :

Rachel Linares	4/5	To Sabendo	4/17
Mascavo	4/5	Ashley Martinez	4/17
Capivara	4/7	Enguia	4/20
Princesa	4/13	Cipó	4/21
Sereia	4/14	Ajuda	4/21
Balanço	4/14	Felizinha	4/26
Tabla Rasa	4/15	Dario Linares	4/28
Garça	4/15	Marianne Matsuura	4/30
Cisne	4/16		

Training Tips : The AÚ.

The Aú is one of the first floreios you will learn when starting capoeira. Aú represents a cartwheel in Capoeira and you will see many Capoeiristas use this movement to enter the roda. This movement allows for fluid movement around the roda while also providing a strong base for more advanced floreios.

The Capoeira Aú differs from the cartwheel you see in gymnastics. It begins low – bend your upper body over to place your hands on the ground, rather than starting high with your hands over your head. Once in the Aú, you should have a slight bend in your elbows. If this movement is difficult at first, start with placing both hands on the ground and doing a hop from one side to the other. Then with each attempt, try to raise your hips higher so that eventually your hips are over your head and your legs are up in the air.

Like all movements in Capoeira, it is important to keep your eyes on your opponent, to keep your hands flat on the ground and to never give your back.



Parents' classes:



While the kids at CBLA – Mestre Boneco are running through their Capoeira drills inside the classroom, outside their parents are working up a sweat on their own. Under the guidance of Instructor Alongado, our parents class has grown and flourished. In May we will be celebrating these parents with a special batizado just for them and their kids. Parabens, parents. You make us proud!

Instructor Alongado says of the class "I never knew a Martial Art that could gather people of all age groups. In our Capoeira parents class we have ages from 30 and up. When I first started teaching the parents it was very inspiring to me to see their progress. When you ask someone over the age of 30 to come train a Martial Art or sport the answer is often 'I'm too old.' Well proof is positive. Come and join us or watch the parents class. It will inspire you. Let's thank God and Mestre Boneco for giving us this gift."

Porco-espinho - Thin spined Porcupine: on the vulnerable list just on the brink of endangered since 1994



Song of the month : [Play ▶](#)

This month's Song of the Month is a Ladainha (Littany). This type of song opens an Angola roda. It's usually characterized by the telling of a story or relating a past event, followed by a call and response.

Eu ja vivo enjoado



Eu já vivo enjoado,
De viver aqui na Terra,
Ó mamãe eu vou pra Lua,
Falei com minha mulher,
Ela então me respondeu,
Nós vamos se Deus quiser,
Vamos fazer um ranchinho,
Todo cheio de sapé,
Amanhã as sete horas,
Nós vamos tomar café,
Eu que nunca acreditei,
Não posso me conformar,
Que a Lua venha à Terra,
Que a Terra vai ao ar,
Tudo isto é conversa,
Pra comer sem trabalhar,
O senhor amigo meu,
Veja bem o meu cantar,
Quem é dono não ciúma,
Quem não é quer ciumar ?

I have already been bored
Of living here on earth
Look, mom I'm going to the moon
I talked with my wife
She then answered me
We are going if God wants us to
We'll make a little farm
Full of mud
Tomorrow at seven o'clock
We'll have breakfast
I, who never believed it
I just can't accept it
That the moon comes to earth
That the earth goes to the air
All of this is just talk
To eat without having to work
Dear sir my friend
Listen to my song
Whoever is the boss won't envy
But who isn't, wants to be jealous



lê galo cantou
lêêê, galo cantou, camará!
lê côcôrocô
lêêê, côcôrocô, camará!
lê menino é bom
lêêê, menino é bom, camará!
lê sabe jogar
lêêê, sabe jogar, camará!
lê a capoeira
lêêê, a capoeira camará!

Ee-eh the rooster crowed
Ee-eh, the rooster crowed, friend
Ee, Coh-co-rah-coh (sound the rooster makes)
Ee-eh, Coh-co-rah-coh, friend
Eh, the boy is good
Ee-eh, the boy is good, friend
Eh, he knows how to play
Ee-eh, he knows how to play, friend
Eh, Capoeira
Ee-eh, Capoeira, friend

History corner :

Vicente Ferreira Pastinha (1889-1981) is considered by many to be the father of present day Capoeira Angola. He began training at the age of eight under the direction of a Capoeirista named Benedito and in 1942 founded the first Capoeira Angola academy in Brazil. It is said that he inherited the role of protector, battling his entire life to preserve his beloved Afro-Brazilian art. He mentored many exceptional Capoeiristas including Mestre João Pequeno, who still teaches in Bahia and Mestre João Grande, who teaches in New York City. These two mestres are widely recognized as the living patriarchs of Capoeira Angola.

Considered the original or primitive form of the martial art, Angola is one of two principle genres of Capoeira. It is a ritual of expression, strength, tradition, and intensity. The games are characterized by stealthy, low to the ground movements and organic attacks and escapes. Angola games are long, playful, and full of mandinga, the art of trickery and deceit. Mandinga is inherent in experienced and outstanding Capoeiristas. Many spend a lifetime training to obtain this unique sensibility.

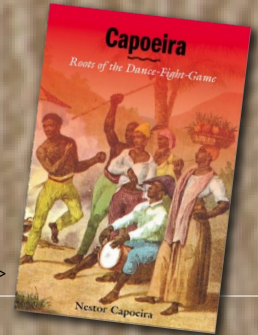
Mestre Pastinha lived a long and difficult life, full of victories and bitter disappointments. He passed away blind and penniless in a city shelter. But his philosophy and spirit lives on in his students and his student's students. He would proudly say of his teaching, "I practice the true Capoeira Angola and in my school they learn to be sincere and just. That is the Angola law. I inherited it from my grandfather. It is the law of loyalty. The Capoeira Angola I learned, I did not change it here in my school...when my students move on, they move on to know about everything."

Capoeira Brasil uses the Angola style orchestra for most of its rodas, and higher-level students are required to learn and play the distinctive style, it is the root of Capoeira Regional Contemporanea.

SUGGESTED READING APRIL/MAY 2009:

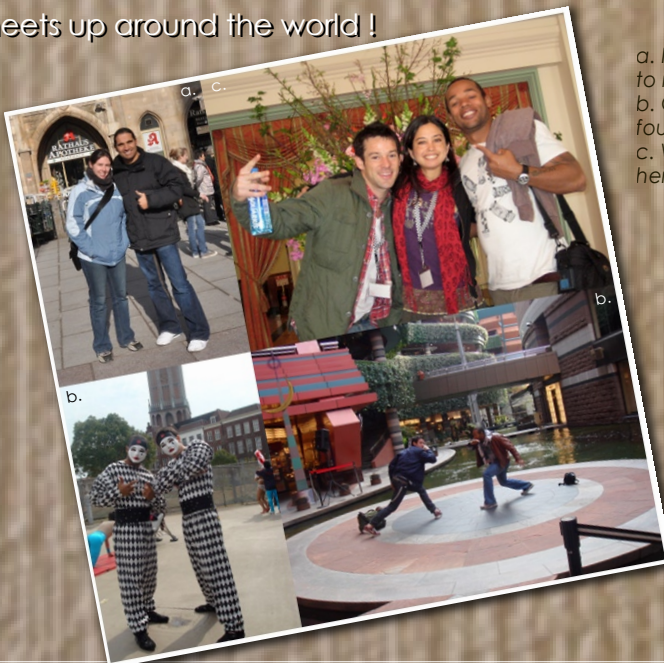
Capoeira: Roots of the Dance-Fight-Game By *Nestor Capoeira*

This book comes highly recommended by Mestre Boneco. If you get a chance to read it over the next two months, we will be having a book discussion meeting/luncheon at the end of May. More details to follow.



[Click for more info >](#)

CBLA meets up around the world !



- a. Narzinho and Gênio were both in Munich on business, so they decided to meet up to see the sights!
- b. Calça Azul and Axé flew off to Japan to take part in the circus, and found the perfect "roda" to play a little Capoeira.
- c. When Formiguinha heard Calça Azul and Axé were in Japan, she made her way across this small country to see them.

Preguiça - The Maned Sloth: listed as endangered since 1982

