



# capoeira brasil LOS ANGELES

Newsletter #6 - June 2009

## Message from Mestre :

As a parent, it is very important to find ways to spend quality time with your children. At CBLA we've been working hard to encourage more family participation with the addition of tiny tot classes and parent classes. It was such a privilege to share this art with my own boys, and it warms my heart to see other parents learning and playing with their kids. Capoeira provides parents with a way to engage with their children. Providing common ground, a shared interest, and helping to bring and keep families close to one another. I encourage all of our CBLA parents to attend class and share in this remarkable experience with their children.



## News and events :

Congratulations and thanks to all the parents and kids who made our Spring 2009 Batizado such a roaring success. The weekend of events was kicked off on Friday with a day long instructor seminar followed by evening workshops for kids and parents. The evening was finished off with an awesome roda where parents and kids were the stars! Saturday morning the workshops continued, followed in the afternoon by CBLA's first Music Festival. Participants sang and played berimbau, congratulations to all the winners! Batizado Sunday was a beautiful, sunny day full of beaming smiles, tears of joy and many surprises as Mestre handed out cords to all the kids and their parents. Congratulations again to all who participated, and a big thank you to everyone who put in a helping hand.



CBLA helped launch a couple of ventures this month. On May 5, Mestre Boneco and CBLA performed at a promotional event for **McDonald's new McCafé**. The performance was received with great enthusiasm, and the capoeiristas enjoyed their complimentary iced coffee!

On May 9, Mestre Boneco and CBLA helped launch a book entitled, "**Total São Paulo: A Guide to the Unexpected**" at the Charmichael Gallery. The performance was filled with great energy and the crowd thoroughly enjoyed the show!

Since CB's December performance in Washington D.C. in support of the Youth PROMISE Act, Pavão and Chegado have been working to raise awareness for this valuable piece of federal legislation. The juvenile justice bill highlights the values of Prison Reduction through Opportunities, Mentoring, Intervention, Support and Education. On May 7th Pavão and Chegado returned to the capital to attend the YPA Advocacy Day. The event was attended by over 300 community organizers, juvenile justice advocacy groups, youth welfare organizations and congressional officials. Panelists included the bill's primary sponsor Congressman Bobby Scott (VA, 2nd District), Congressman John Conyers (MI, 14th District) chairman of the judiciary committee, Documentary filmmakers Cash Warren and Baron Davis, and Los Angeles City Council member Tony Cardenas.

Immediately following the panel the YPA advocates showered congressional offices with visits voicing their support for the YPA. Our two CB instructors visited eleven offices and helped add five new sponsors to the bill.

For more information on the YPA go to:

[http://www.bobbyscott.house.gov/index.php?option=com\\_content&view=article&id=291&Itemid=86](http://www.bobbyscott.house.gov/index.php?option=com_content&view=article&id=291&Itemid=86)

And if you would like to know how you can help pass this important legislation, contact Pavão at: [jessicacarla@gmail.com](mailto:jessicacarla@gmail.com).

## Good news from CBLA :

### NOT SO BABY STEPS

Having small feet doesn't mean you can't take a big step! On May 8, **Pe Pequeno** (Victoria) graduated from the prestigious UCLA School of Law. Congratulations, Pe Pequeno, Esq.!

Pe Pequeno isn't the only UCLA grad this year. **Mexi Mexi** (Lisette) is also graduating from UCLA this June. She will be leaving us (gasp!) to study at Pontificia Universidade Católica do Rio de Janeiro (PUC) for 6-8 months. Best of luck, Mexi Mexi, we'll miss you!

Mestre Boneco



## Photo of the month :



Grupo Capoeira Brasil's three founding fathers : Mestres **Boneco**, **Paulão** and **Paulinho Sabiã**, shortly after the group was formed in 1989.

## Falamos Português :

Word of the Month: **Pae** (Sounds like "Pie")

Translation: noun. - **Father**

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

This one's easy! Pae is the opposite of Mãe! And if you remember what Mãe means from last month's newsletter, it's a simple equation. Ten plus ten equals twenty...add two...divide by seven...and there you have it! The meaning of Pae! Oh wait...that was an equation for "Pi" But yeah...you get the point! ;) Feliz Dia dos Paes!

## Birthdays :

<b>Guméz</b>	June 2	<b>Topete</b>	June 11	<b>Raio de Sol</b>	June 21
<b>Belinha</b>	June 5	<b>Muleca</b>	June 12	<b>Pirulito</b>	June 23
<b>Brigadeiro</b>	June 6	<b>Ouro</b>	June 13	<b>Shana Mathur</b>	June 24
<b>Popeye</b>	June 6	<b>Sem Nome</b>	June 13	<b>Valente</b>	June 25
<b>Limão</b>	June 6	<b>Amy Tinkham</b>	June 13	<b>Mexi Mexi</b>	June 25
<b>Pezinho</b>	June 7	<b>Mamute</b>	June 14	<b>Cabrito</b>	June 25
<b>Bode</b>	June 8	<b>Festa</b>	June 15	<b>Hanna Bekele</b>	June 26
<b>Uvinha</b>	June 9	<b>Ursa</b>	June 17	<b>Shelley Glasman</b>	June 28
<b>Lúz</b>	June 10	<b>Elástica</b>	June 18	<b>Tonel</b>	June 29
<b>Camará</b>	June 11	<b>Corado</b>	June 21	<b>Beckett Lee</b>	June 29

## Feliz Dia dos Pais, CBLA Dads:

Mestre Boneco  
Albert Valadez  
Alongado  
Assustado  
Bob  
Bode  
Bombeiro  
Cabelão  
Camará  
Charuto  
Compositor  
Enguia



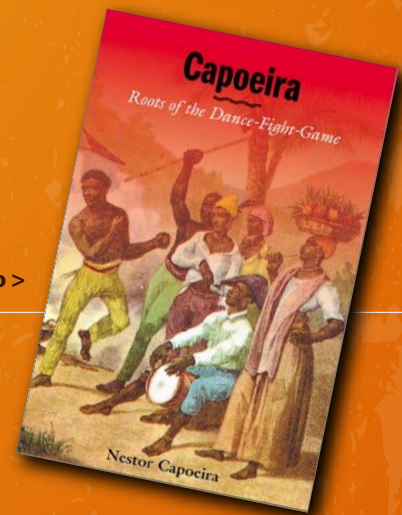
Espada  
Expresso  
Jabuticaba  
Lance Durham  
Mumia  
Pequeno  
Relâmpago  
Shawn Benjamin  
Ta Na Boa  
Tabla Rasa  
Tattoo  
Vóz Grossa

## Suggested Reading

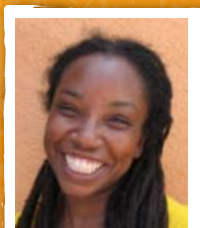
### Capoeira: Roots of the Dance-Fight-Game By Nestor Capoeira

If you haven't had a chance to read through this very informative book, you have one more month to do so. Enjoy!

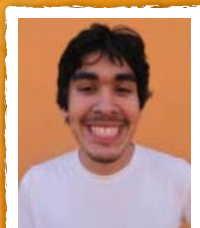
[Click for more info >](#)



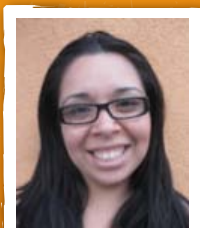
## New students: May 2009



**Ebony Bell**



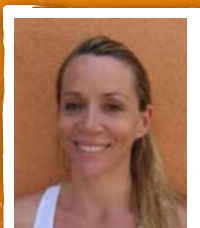
**Cabrito**  
(little goat)



**Alexandra Avalos**



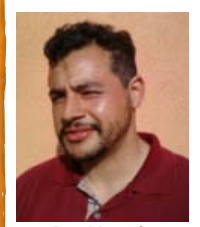
**Valeria Berman**



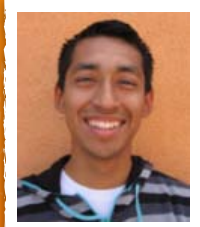
**Amy Tinkham**



**Brooke Richards**



**Do Mundo**  
(of the world)



**Manuel Gutierrez**



**Hanna Bekele**



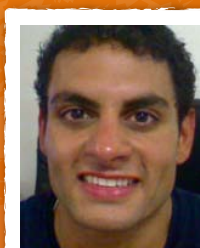
**Regina Hayden**



**Limão (Lemon)**

## New Nicknames: May 2009

Mestre Paulinho Sabiã



**Siri Brasileiro**  
(Brazilian Crab)



**Galo Cantou**  
(Rooster Crow)



**Se Seu Se Meu**  
(Is it yours or mine)





A roda já começou  
Sinto o corpo arrear  
Entre nessa energia ia ia  
Capoeira brasil vai passar

A roda já começou  
Sinto o corpo arrear  
Entre nessa energia ia ia  
Capoeira brasil vai passar

Ei você  
Que passa e nos olha jogar  
Sente seu corpo arrear  
Entre nessa e aprenda também  
Então vem  
Que essa ginga de corpo é herança  
Mandingueiro que nunca se cansa  
Você viu Capoeira Brasil

O, io, io, io  
Você viu Capoeira Brasil  
O, io, io, io  
Nós somos Capoeira Brasil  
O, io, io, io  
Você viu Capoeira Brasil  
O, io, io, io

E tão lindo  
O aú, meia-lua, invergado  
O corpo todo suado  
A palma e o coro também  
Então vem  
Que essa ginga de corpo é herança  
Mandingueiro que nunca se cansa  
Nós somos Capoeira Brasil

O, io, io, io  
Você viu Capoeira Brasil  
O, io, io, io  
Você viu Capoeira Brasil  
O, io, io, io

The Roda has already started  
I feel my body energize  
Get in this energy iaia  
Capoeira Brasil is going to go by

The Roda has already started  
I feel my body energize  
Get in this energy iaia  
Capoeira Brasil is going to go by

Hey you  
Who goes by and sees us play  
Who feels their body energize  
Come in on this and learn too  
So come  
Because this ginga of the body is hereditary  
Mandingueiro who never tires  
You saw Capoeira Brasil

o, io, io, io  
You saw Capoeira Brasil  
o, io, io, io  
We are Capoeira Brasil  
o, io, io, io  
You saw Capoeira Brasil  
o, io, io, io

It's so beautiful  
The au, meia-lua, invergado  
The body covered in sweat  
The clap and the chorus too  
So come  
Because this ginga of the body is hereditary  
Mandingueiro who never tires  
We are Capoeira Brasil

io, io, io, io  
You saw Capoeira Brasil  
io, io, io, io  
You saw Capoeira Brasil  
o, io, io, io

### The Founding Fathers of Capoeira Brasil

This month's corner art features Capoeira Brasil's Founding Fathers in action.

The Capoeira Brasil journey began over twenty years ago when three young brown cords made the difficult decision to leave their Mestre and Grupo Senzala and launch their own Capoeira dynasty. After many years as brown cords, Paulão, Paulinho Sabia, and Boneco had reached a critical point in their development. Each with their own unique Capoeira style but unified in their philosophy, tradition and goal to establish Capoeira as an internationally respected art form and legitimate profession. They realized it was necessary to spread their wings. They sought council and approval from the art's most legendary Mestres, a small group that included Mestres Itapoan, Ezekiel, Suassuna, Gato, Peixinho, and João Pequeno. These Capoeira icons blessed Paulão, Paulinho Sabia, and Boneco's decision and on January 14, 1989 the three men were given their black cords and Grupo Capoeira Brasil was born.

The creation of Capoeira Brasil was not to be taken lightly. It was a courageous step, and the men faced opposition from rival Capoeiristas; encountering many tense situations and challenges. Mestre Boneco had made a name for himself as an exceptional Capoeirista and continued to grow his reputation and prove his professionalism by refusing to give in to the negative pressure.

Today Mestre Boneco cites his love and passion for Capoeira as the reason for founding Capoeira Brasil. The struggles of Paulão, Paulinho Sabia and Boneco are dwarfed by Capoeira's history of oppression and triumph over insurmountable odds. The story of Capoeira Brasil's founding fathers is but a chapter in the monumental history written through the blood and sacrifice of millions of African slaves.

### Training Tips : Negativa Rolé

The negativa and rolé are ground movements that we use frequently to avoid kicks and to move fluidly around the roda. While the negativa and rolé are considered basic movements, they need to be done accurately so that you are always able to transition smoothly and not find yourself in a vulnerable position. The photos to the bottom begin with the negativa and then transform into the rolé ending in the upright ginga position. When working on these movements, keep in mind the following tips:

**Negativa:** Begin by sitting on the heel of the left foot with the right leg extended straight in front. The right (straight) leg should be slightly bent with the outside edge of the foot resting against the ground and pointing at a 45° angle. Your weight should be on the ball of the left foot and your weight should be forward. The right arm is placed in line with the right knee and the arm is slightly bent. The palm of the right hand is completely flat on the ground. The left arm is protecting your face.

**Rolé:** To begin the rolé you will move in the direction of the right (straight) leg. Reach the left hand across and place the hand flat on the ground while stepping across with the left leg. Continue in the same direction and bring the right leg all the way back landing in ginga position. Do not completely straighten your legs while moving through the rolé - this will help you to maintain a strong base. Also, ALWAYS look forward so your eyes are on your partner. \*



\* For this example the right leg is the straight leg and the left leg is the bent leg, but this movement should also be practiced with the legs reversed.



### Foreign Correspondent - Encantada:



As most of you know - judging from the huge turnout for her farewell dinner - our bubbly **Encantada** (Amber) is now gracing the country of Suriname with her enchanting presence. You can read about her journey at:

<http://amberintheamazon.blogspot.com>



Mestre Paulão