



# capoeirabrasil

LOS ANGELES

Newsletter #5 - May 2009

## Message from Mestre :

One of the most important elements of Capoeira is balance. Keeping your weight divided evenly between your legs is an essential part of a strong Ginga, letting you attack and escape as needed. This allows for a dialog between Capoeiristas, attack and counter attack, escape and reengage. A good game is a balanced game. The balance we seek to achieve in Capoeira is equally important outside of the roda. It is important to balance Capoeira with our jobs, families and friends. And it is hard to find a better example of this balance than our CBLA moms, who find time to train and raise their children.

Although women have traditionally played a greater role outside the roda (leading Capoeira songs and supporting their Capoeira brothers), they have been steadily gaining in numbers since the early 1980s. Now you can walk into any Capoeira academy in the world and expect to see as many strong women as men in the class. In our academy alone, 53% of the students are women, and of those, over 25 have little Capoeiristas at home. This month's newsletter is dedicated to Capoeira moms. Feliz Dia de Mãe!!



## News and events :

**CPR TRAINING** - On April 5, the CBLA Graduados got together with Mestre Boneco for some CPR training. However, their lifeguard/instructor was delayed, so Mestre took this opportunity for some spontaneous training, prompting Amazonas to call it CaPoeiRa training. Despite the wait, the graduados did get certified. Mestre will be having future CPR training days as well as First Aid training for anyone who is interested. Let's just hope we never have a need for it (knock on wood) !



**CBLA Partners with CITY YEAR** - On Friday, April 10 CBLA and Mestre Boneco went on a tour of performances for over 450 kids at three locations: Sunrise Elementary in Boyle Heights, 112th Elementary in Watts, and Normandie Elementary in South LA. CBLA's performances were a treat for the participants of the three CITY YEAR Spring Camps. CITY YEAR is an organization staffed by young people 17 to 27 who pledge one year of their lives to help communities in need. In LA they have a 100 person Corp and work at 8 school sites in at-risk areas (Watts, South LA, Pico-Union, and East LA). The youth thoroughly enjoyed our performances, singing and clapping loudly and enthusiastically volunteering, everyone wanted to give the ginga a try. We will continue partnering with CITY YEAR as the ALMA Vida programs take shape.



**PROJETO ANJO ART DAY** - On Saturday, April 25, CBLA created a piece for the Projeto Anjo scholarship program. It was a community art project, designed and led by Grega. We had a great turnout and wanted to thank all the participants and their parents for their contributions. The piece, which will be unveiled at the Youth/Parents Batizado on May 3, will be auctioned off to help raise scholarship funds.

Projeto Anjo scholarship program provides urban, at-risk youth from economically under-resourced areas with the art of Capoeira. Through donations, adult Capoeiristas, parents and friends of the community can sponsor youth students. The scholarships will provide students with a uniform and classes at the Capoeira Brasil Los Angeles Academy. Our 2009 goal is to provide angels to 30 youth in our community. For more information on how you can help, email Colibri at lia@almavida.org.

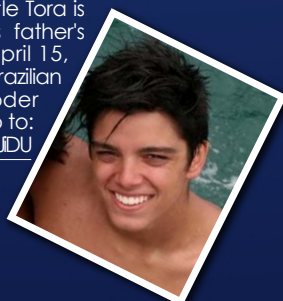
Thank you again to Grega and all the participants and their parents for creating our Projecto Anjo art piece!!!!



## Good news from CBLA :

### FOLLOWING IN HIS FATHER'S FOOTSTEPS

You may remember little **Rodrigo**, Mestre's middle son, as a young teenager sparring with Felipe in the roda. Well, our little Tora is all grown up - and following his father's footsteps. This past month, on April 15, Rodrigo was in his first episode of a Brazilian novela (soap opera), called "Poder Paralelo." To see his first episode, go to: [www.youtube.com/watch?v=OX4E6e7JDU](http://www.youtube.com/watch?v=OX4E6e7JDU)



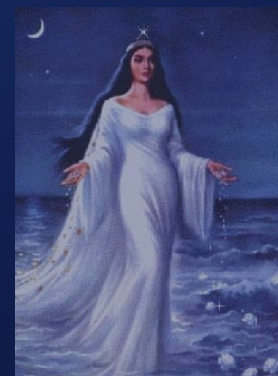
### COLLEGE PREP

**Beleza (Mena)** is not just excelling in Capoeira. She was also recently accepted to Harvard-Westlake School, and will start her matriculation in September. She'll be joining another smarty-pants Capoeirista, **Cacau (Bakari)**, who has been attending Harvard-Westlake since September of 2008. Congratulations, guys!

### CBLA, RN

When **Tanajura (Tamiyah)** started at CBLA back in 2006, she was also starting on another journey - her nursing education. This May, she will graduate from Mount Saint Mary's College as a registered nurse. We are so proud (and so happy to have a nurse in the academy)!

lemanjá



## Photo of the month :



Thanks to Ouro for this month's Photo!  
This is a view of Barra beach in Rio de Janeiro

## Falamos Português :

Word of the Month: **Mãe** (Sounds like "My")

Translation: noun. - Mother

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

Capoeira is a "kid friendly" community. On any given day you might see 4 to 6 different little ones running around, screaming for attention. Next time you're at a Friday night roda...pay attention! You'll notice certain kids yell out "MOMMY!" or "MOM!"...but just wait...if you're patient (and if Urso and Bob are at the roda), I guarantee you'll hear a cute little boy scream out "MÃE!" at least once or twice. And this time you won't think he's just being selfish!

## Birthdays :

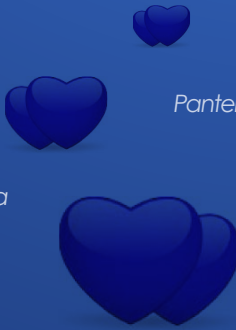
Senegal May 3  
Elegante May 7  
Anastasiya Kundiyeva May 8  
Tapioca May 10  
Teco May 10  
Batatinha May 15  
Mayra Fomos May 16

Namastê May 16  
Cabocla May 17  
Toca May 19  
Astronauta May 19  
Ovo Queimado May 20  
Mel May 20  
Bandeirinha May 21  
Serio May 21

Estylo May 22  
Mola May 23  
Piu Piu May 23  
Caipirinha May 27  
Rosada May 27  
Algodão May 27  
Lacraia May 28  
Albert Valadez May 30

## Feliz Dia das Mães, CBLA Moms:

Ana Simas  
Bali Bali  
Cabocla  
Coiole  
Colibri  
Covinha  
Cozinha  
Dende  
Envergonhada  
Esforçada  
Estrelinha  
Felicia  
Festa  
Kailani  
Leite



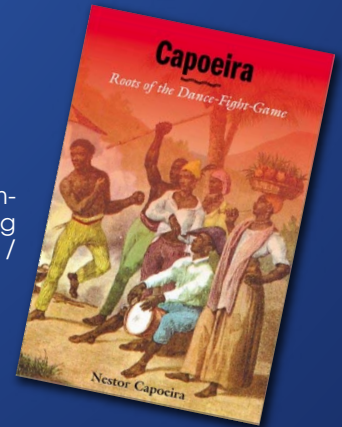
Leticia  
Namastê  
Nancy Griffin  
Panda  
Pantera Cor de Rosa  
Rachel  
Sal  
Shana  
Sharon  
Sheila  
Soridente  
Super Mãe  
Tranquila  
Urso  
Vóz Macia

## Suggested Reading

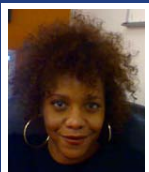
### Capoeira: Roots of the Dance-Fight-Game By Nestor Capoeira

Just a reminder, this book comes highly recommended by Mestre Boneco. We will be getting together at the end of May for a luncheon / discussion ...

[Click for more info >](#)



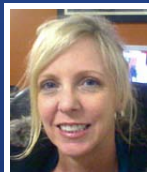
## New students: April 2009



Felicia Maxwell



Mayra Fornos



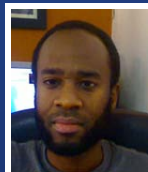
Jennifer Lorson



Cecil Flouray



Shana Mathur



Shawn Benjamin



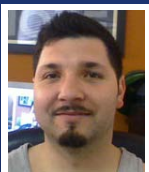
Roeline Hansen



Toca (Play)



Anastasiya Kundiyeva



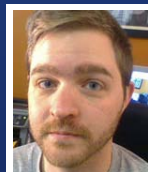
Albert Valadez



Sharon Valadez



John Valadez



Dave Grammer



Kailani Bayot



Botinho  
(a type of dolphin)



Michel Farag

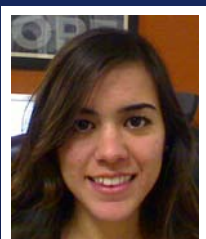


Sheila Valdivia



Jessica Blowers

## New Nicknames: April 2009



Rainha do Deserto  
(Queen of the desert)



Flamingo



Não Grande  
(Big No)



Paulistinha  
(Little girl from São Paulo)



Oya

Quando a maré baixar  
vá lhe visitar  
vá lhe fazer devoção  
vá lhe presentear

No mar (Mora Iemanjá) x4

Vários negros foram pro Brasil  
Bântus, Nagôs e Iorubás  
dentro do navio negreiro  
deixaram suas lágrimas correr no mar

No mar (Mora Iemanjá) x4

Quando a maré baixar  
vá lhe visitar  
vá lhe fazer devoção  
vá lhe presentear

No mar (Mora Iemanjá) x4

Sua lágrima que correu pro mar  
tocou no peito de Iemanjá  
ela podia mudar a maré  
fazer meu navio voltar pra Guiné

No mar (Mora Iemanjá) x4

When the tide goes down  
go visit her  
go devote yourself to her  
go experience her

In the Sea (lives Iemanja) x4

Many Africans went to Brazil  
Bantus, Nago and Yoruba  
Inside the slave ships  
They let their tears run into the sea

In the Sea (lives Iemanja) x4

When the tide goes down  
go visit her  
go devote yourself to her  
go experience her

In the Sea (lives Iemanja) x4

Your tear ran to the sea  
Touched the chest of Iemanja  
She could change the tide  
Make my ship go back to Guine

In the Sea (lives Iemanja) x4

Yemanjá, Iemanjá, Janaína

Like the origins of Capoeira, religious ideas were brought to the shores of Brasil by captured Africans. Just as Capoeira emerged in Brasil from the culture and music of African slaves, so too did the religion of Candomblé. It is important for Capoeiristas to have an understanding of the culture in which Capoeira originated. As we celebrate Mother's Day this month, we explore the feminine icon of Brazilian culture, Iemanjá, also known as Janaína and Yemanjá.

In the Candomblé pantheon of Orixas (gods), Iemanjá represents motherhood. She is the protector of children and the celebrated queen of the ocean and its fishermen. Iemanjá is central in the cultural framework of Capoeira. The art has a deep connection to the maré (the tide) as many practitioners were fishermen and longshoremen. And the fact that Africans unwillingly traveled to the continent in a vicious journey by sea links Iemanjá to Capoeira, the art of survival.

Early in the colonial period, the church allowed Candomblé to be syncretized with Catholicism. This made it easier to convert Africans. Today Iemanjá is likened to the Virgin Mother and is seen as the feminine principle of creation.

The paradox of slavery and salvation, struggle and rebirth is a powerful symbol woven through Capoeira with Iemanjá as its muse. You hear mention of Iemanjá in many Capoeira songs, including this month's feature "Rainha do Mar".

Our corner art this month features Iemanjá as well as two other Orixas: Oxum and Oya. Oxum is the goddess of rivers, love, feminine beauty, fertility, and art. She is the Orixá of love, maternity and marriage. She is married to Xangô, the god of thunder, and is his favorite wife because of her excellent cooking skills. One of his other wives, Oba, was her rival. They are the goddesses of the Oxun and Oba Rivers, which meet in a turbulent place with difficult rapids.

Oya is the Goddess of the Niger River. She is seen as a warrior-goddess of wind, lightning, fertility, fire, and magic. She creates hurricanes and tornadoes and guards the underworld. Oya is the force of nature that symbolizes the breath of life.

## Training Tips : Training while pregnant

Since it seems that there is something in the water at CBLA-Mestre Boneco, given the number of new and expectant mothers we have, we thought it might be useful to give some helpful hints on things to look out for when training Capoeira while pregnant.

- Train at your own pace – do not let yourself get out of breath. Recognize that your body is changing and you may not be able to keep up with your normal amount of training.
- Be careful to control all of your spinning kicks – it is easy to lose your balance and fall during these moves
- Avoid back bend related movements – ponte (Bridge) macaco and other inverted movements and abdominal exercises like crunches, etc where you are lying on your back.
- Be especially careful when training during the early months of your pregnancy. Your balance will be most "off" at these times as your body is adjusting to this new state.
- During pregnancy, your joints will become more flexible – this can be to your advantage as stretching is easier, but also make sure not to over do it. Just because you can stretch further, does not mean that you should push it too far.
- Don't start any new exercise after you become pregnant. It's ok to continue the same exercises you did before, but at a moderate pace.
- Avoid impact or jarring movements - no martelo target practice or *au sem mão*.
- Don't increase the intensity of your usual routine.
- Drink lots of water, stay hydrated.
- Keep your temperature below 100 degrees F.
- Monitor your heart rate and keep it below 140 beats per minute (take pulse for 15 seconds and multiply by 4).
- Don't hold your breath while you're working out.
- When you come back to training after having your baby, take it slow and listen to your body. At first focus on basic movements and don't try to keep up with your old pace right away.

\*Please note that these are just suggestions and you should always consult your medical doctor before continuing with exercise, just to rule out any serious condition, etc.



## Foreign Correspondent - Gênio:

Following in the footsteps of Formiguinha, Gênio headed out to Hong Kong on a business trip, just in time to catch the first week of Capoeira Brasil Hong Kong's 4th annual Batizado.

Professor Chumbinho started the Hong Kong branch with only a handful of students in 2005, and Gênio was there for the very first outdoor performances, and has trained with them every time he's there, supporting one of the group's newest additions and representing CBLA across the pacific.

With Contra-Mestre Morcego (left) and Professor Chumbinho.



Oxum

