

Brazil: CAPOEIRA



- an **AFRO-BRAZILIAN** form of dance/sport/exercise/ self-defense technique/music/art
- A capoeira “bateria” is traditionally 3 **berimbaus**, 2 **pandeiros**, 1 **atabaque**, 1 **agogô** and 1 **reco-reco**. Songs are often **CALL/RESPONSE**
- Capoeira is acrobatic, graceful and GREAT

HOW WE PLAY/DANCE/DO CAPOEIRA IN CLASS

-- **GINGA** ([zheenga], the basic move). Start standing forward with legs on same plane. Keep knees bent, arms raised and parallel to ground. 4 counts:

- (1) Right leg goes back, Right arm up to defend face
- (2) Left leg goes back, Left arm up to defend face
- (3) Right leg goes back, Right arm up to defend face
- (4) Left leg goes back, Left arm up to defend face

Easier to do than explain . . . TRY IT! (Okay, it's hard to do. But still, **TRY IT!**)

We'll also try: **Quixada** (a kick), **Negativa** (low defense), **Rolê** (spinning roll on arms)

Brazil: CAPOEIRA teacher overview



- Capoeira is an **AFRO-BRAZILIAN** form of dance/sport/exercise/self defense technique/music/art
- It originated in Brazil among African descendants in the 16th century who merged acrobatic **African dances** with **indigenous Brazilian fighting techniques**
- Afro-Brazilian slaves were able to play capoeira to **learn self-defense** while portraying the training to their bosses as a **cultural dance set to traditional Brazilian music.**
- Today people worldwide play capoeira for both exercise and sport.

HOW WE PLAY/DANCE/DO CAPOEIRA IN CLASS

Divide the class into two groups, one that will focus on learning the dance moves and another that will portray capoeira musicians by pretending to play traditional instruments. Use the printouts and videos provided (linked through your Brazil lesson guide) to introduce the dance motions and instruments. Once the groups have practiced, conduct a capoeira demonstration, ideally with one of the linked capoeira videos playing in the background to provide musical and acrobatic atmosphere. If you have time, have the groups switch. [Bonus: Have the music group invent a call and response song to use for the game.]

Tip: Capoeira typically involves some leaping and kicking, though when enjoyed as a form of exercise players do not come into physical contact with each other. If you can't conduct this lesson outside or in a gymnasium, make sure there's room in your class for players to dance safely. If over-eager kicking is at all a concern, skip the quixada and focus on the ginga. **STUDENTS WILL LOVE TO SEE THEIR TEACHERS PLAY CAPOEIRA, SO TRY IT!**

Brazil: CAPOEIRA (the moves)



Courtesy: Ricardo André Frantz (CC)

-- **GINGA:** the basic move

Start standing forward with legs on same plane. Keep knees bent, arms raised and parallel to ground. 4 counts:

- (1) Right leg goes back, Right arm up to defend face
- (2) Left leg goes back, Left arm up to defend face
- (3) Right leg goes back, Right arm up to defend face
- (4) Left leg goes back, Left arm up to defend face

- **NEGATIVA:** a low defensive move.

Start with ginga, bring right leg back then sweep it forward low to the ground and move the body

- **QUIXADA:** a kick.

Start with ginga, plant right foot then kick right leg up high in a circular pattern.

- **ROLÉ:** spinning roll on arms

Start with ginga. Though this move can be very acrobatic, in class we can simulate it by bending at the knees and touching the ground with the hands.

Brazil: CAPOEIRA (the music)



A capoeira “bateria” traditionally consists of



- **1 agogô:** An agogô is a pair of connected bells—one larger, one smaller—that a percussionist strikes with a stick to maintain a rhythm. (pictured left)

- **3 berimbaus:** The berimbau is a one-stringed instrument of African origin. It plays slightly faster than the player/performer of capoeira (the capoeirista) moves, propelling him or her faster through the game.

- **2 pandeiros:** A pandeiro is a kind of hand drum that has jingles around its rim. (pictured right)

- **1 atabaque:** The atabaque is a tall Afro-Brazilian hand drum that uses a set of ropes intertwined around the body that is connected to the head by tuning mechanism consisting of metal ring and wedges of wood, allowing the drummer to tune it.

- **1 reco-reco:** The reco-reco is a hand percussion instrument that provides rhythmic accompaniment in several Afro-Brazilian genres of music, like capoeira. The earlier reco-recos were made from wood or bamboo, but today, many reco-recos are metal and scraped with metal stick, creating a sound that is bright, sharp and LOUD.

Songs are often **CALL/RESPONSE**