For more information about Gingarte Capoeira, please visit our website:  www.gingartecapoeira.org  
or contact Contra-Mestre Marisa (773) 924 - 3220

A HISTORY OF CAPOEIRA

At a glance, capoeira may look like a dance - two people gracefully moving to the rhythm of the berimbau, atabaque, and pandeiro, with those in the roda clapping and singing a string of call-and-response Brasilian traditional songs. But look closer and suddenly the dance transforms into a fight, as the capoeiristas skillfully attack and counterattack with kicks and agile acrobatics, adding malandragem (trickery) and malicia (malice) to the game.

Capoeira is an African-Brasilian art form that “weaves fighting, music, dance, and rituals into a strategy, by which people live, struggle, celebrate, and survive together”. Its roots are embedded in the African slavery history of Brasil in the 1800s. The art arose out of injustice and oppression, as the slaves were forced to learn how to defend themselves, disguising their techniques within the charade of a dance.

Today, capoeira holds onto these roots and philosophies as a martial art, symbolizing the struggles against many forms of oppression. More than a fighting art or dance, capoeira is a way of life for those who practice it.

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REGISTRATION FORM

(Please print)

Name _______________________________________
Address _______________________________________
City State Zip ___________________________________
Phone (include area code) __________________________
Email address ___________________________________

Capoeira Group Name ___________________________

Mestre/Professor(a) Name _______________________

I will be attending:  
☐ All Workshops (includes T-shirt) $120
☐ One Full Day Workshop $50
☐ Other (describe): $25

(Note: No refunds for paid workshops.)

For advance registration, please send this form, along with a check payable to Capoeira Chicago, to:

Marisa Cordeiro  
1243 E. 50th Street  
Chicago, IL 60615  
(773) 924 - 3220