



180 Degrees Class Fieldtrip

Casa de Cultura

1901 San Pablo Ave

Berkeley, CA


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What is Capoeira

- Capoeira is a Brazilian art form which combines fight, dance, rhythm and movement. Capoeira is a dialog between players - a conversation through movement which can take on many shades of meaning. The details of Capoeira's origins and early history are still a matter of debate among historians, but it is clear that African slaves played a crucial role in the development of the art form.
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Historians determined that slaves used Capoeira's dance-like appearance as a way to hide their training of combat and self defense. Capoeira's many styles come out of the context of two principle branches (Angola and Regional) that were formalized in the first half of the twentieth century following Capoeira's legalization.

The Objectives

- *Students will* understand that how one thinks about anything; will determine the difficulty of the task.
- *Students will* be able to relate to the fact that out of darkness, a beautiful legacy can be created.
- *One should practice* on seeing positivity in all things first before looking into darkness.

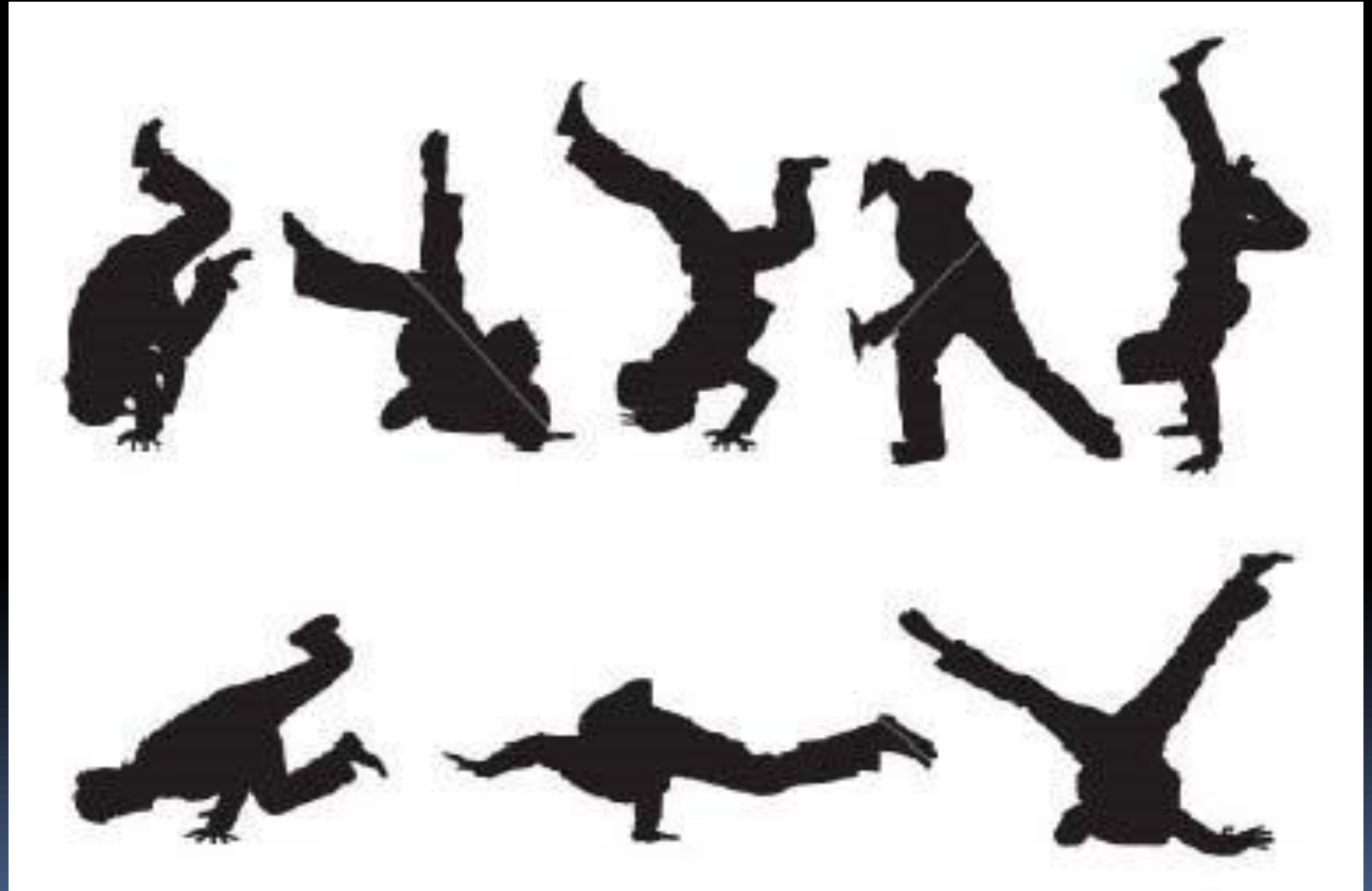
Capoeira a forerunner of..



Is this familiar???



IT'S BREAK DANCING!



CAPOIERA DEMONSTRATION



Ginga

The Base Movement



RODA



CAPOIERA PRACTICE



INTERACTIVE LEARNING



**WOW! LEARNING NEW THINGS
IS SO EXCITING!**



HAVING FUN




THIS IS HOW WE DO IT!!!





WHAT WE LEARNED

- WE learned that African Ancestors endured much...far more than any human should experience.
 - It is through their pain that this beautiful art form called Capoeira was born.
 - WE have learned much about Capoeira and we proudly share our newfound knowledge with you.
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THE INSTRUMENTS OF CAPOIERA



Conga Drums



ORISHAS OF CAPOIERA



WHAT ARE ORISHAS?

- **What/who are the Orisha?**
- Orisha are deified ancestors - symbolic of both natural forces and energies who stand between the living and the Creator (Olodumare) in Yoruba belief. Their energies directly interact with humans, since Olodumare is distant and removed from human affairs.
- Orishas are connected to African based religions such as: Yoruba, Santeria and Candomble of Brazil.

Fathers of Organized Capoeira

Mestre Bimba/ Regional




Mestre Pastinha / Angola





SPECIAL THANKS

- **Mr. Dean Renfrow** – Our 180 Degree Sponsor
 - **Mestre Chris** – For welcoming EC Reems students into his Casa de Cultura
 - **Ms. Shakir and Ms. Zaparito** for organizing this amazing fieldtrip
 - And **“The Ancestors”** out of your pain you created a beautiful legacy of dance and survival.
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Social Comment

It is our new found interest
and
love of Capoeira
that we will
continue to create beauty out
of darkness

