

The After School Programs of Honey Creek Community School present

Capoeira

DESCRIPTION: Capoeira is a dynamic Afro-Brazilian art form that combines martial arts, acrobatics, music, and dance. It is both fun and challenging for all ages, but particularly beneficial for kids due to its playful and kinetic nature. Classes will be taught using games and exercises that encourage strength building, flexibility, and coordination. Students learn basic (individual and partner) Capoeira movements, simple Capoeira songs (in Brazilian Portuguese), and they will be introduced to the musical instruments of Capoeira.

“Playing” Capoeira emphasizes cooperation, patience, and spatial awareness while developing confidence and self-esteem. Students will begin putting together sequences of movements, playing some of the musical instruments while learning the rules and traditions of Capoeira.

MEET THE INSTRUCTOR: Omar “Mario” Jordan (aka "Buscape" *boo-ska-pay*) has been a practitioner of Capoeira for over 7 years and has been teaching this dynamic art form for over 3 years. Mario began his Capoeira studies with Grupo Axé Capoeira under Mestre Barrão in Phoenix, AZ. He continued his training in Ann Arbor, MI with Cordão de Ouro Capoeira under Contra-Mestre Denis.

Throughout his training Mario has learned a great deal about the history, music, and philosophy of Capoeira. He has deepened his understanding of Capoeira by assisting with numerous presentations, workshops, performances, promotional ceremonies, and classes.

Mario believes Capoeira can be fun as well challenging on a number of levels and can benefit any individual both physically and mentally with proper instruction and patience. He is currently studying for the American Council of Exercise (ACE) Personal Trainer certification.

WHEN: Thursdays from 3:15 – 4:15pm from 04/15/2010 to 06/03/2010.

WHERE: Gym

WHO: Students in grades 4-8

INSTRUCTOR: Mario Jordan

COST: \$40.00 per student for the 8-week session. Please make checks payable to “HCCS.”

ANY QUESTIONS: Contact Mario at communitycapoeira@gmail.com

Space is limited. All registration forms must be completed and returned to the After School “IN BOX” prior to your first session.

STUDENT NAME	ROOM #	STUDENT NAME	ROOM #
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