



amazonas  
arts

Capoeira for Community



## Information Pack

Workshops • Education • Schools • Performance  
Community • Social Work • Events • Youth

“Empowerment through culture and movement”

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## Amazonas Art

Amazonas Arts is a not-for-profit community association based in Brighton and Hove. We were founded in 2015 and are run by a group of volunteers who have spent many years studying and practising Capoeira. We have a strong belief in the positive impact this practice has had on our lives and our vision is to share this with others.

Our team contribute knowledge and experience from various personal, academic and professional backgrounds including community, health, social care, education and business. This gives us a strong base for collaboration with existing community groups and to plan work in response to locally-defined wants and needs.

## Vision

Our vision is to share the practice of Brazilian music, dance and physical art forms in order to enhance mental wellbeing, physical fitness and social and cultural exchange within diverse community groups in Brighton, Hove and Sussex.

We aim to do this through classes and workshops aimed at children families and young people, particularly hard-to-reach groups such as teenagers, prison inmates, refugee and asylum seekers, substance misusers, families on low incomes.

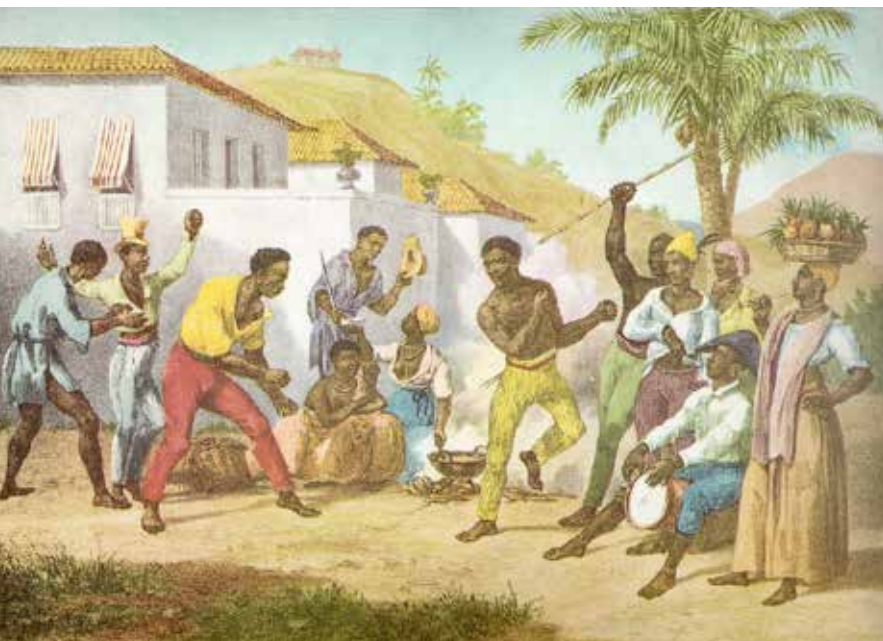
We work in partnership with existing community groups and organisations to deliver our vision.

## What is Capoeira ?

Capoeira is an Afro-Brazilian art form. With its roots in the rhythms, musicality and culture of West African nations, Capoeira was born on the slave plantations of Brazil as a form of recreation, resistance and an affirmation of life.

Capoeira is played, not fought or danced because it is a game between two players. In that game, the players engage in an improvised conversation of movements. Each tries to charm, trick and outwit the other by drawing on their repertoire of learned capoeira steps, kicks, defences and even acrobatics.

The game takes place within a circle of people, a “roda” and, like a dance, is determined by music. Percussion instruments accompany traditional call and response songs which in turn drive the pace, mood and nature of the capoeira game. There is no substitute for attending a live roda in order to understand the excitement and energy of a capoeira game.



## Benefits

Through physical movement, music and cultural engagement capoeira can enhance both your physical and mental health as well as help to foster a real sense of community. Taking part in Amazonas Arts events, courses or workshops helps to develop your self-confidence, self-awareness and inner strength.

- Multiple physical and mental health benefits
- Increase in self confidence
- Team building and group work
- Self discipline and respect of boundaries
- Communication skills

Together, the facilitators and participants create a safe, supportive yet playful environment in which it is possible to face challenges and explore personal limits. The strong focus on group work and activities also promotes social inclusion, community participation and friendship. Furthermore, the cultural element in capoeira enhances awareness of both the familiar and the foreign, of self and other.



## Services

Our vision is to share the practice of Brazilian music, dance and physical art forms in order to enhance mental wellbeing, physical fitness and social and cultural exchange.

We are keen to work in partnership with schools (mainstream or specialist) and existing community groups to deliver our vision.

We provide classes and workshops particularly aimed at children, families and young people. We have experience working in mainstream schools but also with hard-to-reach groups including teenagers, refugee and asylum seekers, young people with behavioural problems and children with learning difficulties.

During our workshops you will be introduced to the basic movements and music of Capoeira. We dip into traditional Afro-Brazilian stories, which tell of other times, peoples and places but which may very well speak to your own life experience. We encourage you to let go of your outside roles and responsibilities in order to play, make music and have fun together.

All programmes can be adapted to the needs of the school, organisation or group including programme length, session length, content and ability level of participants.

We are fully DBS-checked and maintain our statutory Child Protection, Equal Opportunities and Health & Safety Policies.



# Capoeira in Schools

Capoeira helps to enrich many elements of the curriculum.

- **Music** – opportunities to work with tempo, timbre, dynamics, playing in groups, voice and music of different styles.
- **PE** – opportunities to develop the core skills of flexibility, agility, balance, coordination and strength. Opportunities to work on a range of movement patterns with elements of performance and evaluation.
- **PHSE** – opportunities to develop resilience and inner strength, friendship, tolerance and emotional stability through group, partner and individual work in a safe and playful environment. There is also plenty of scope for developing awareness of cultures, traditions and different languages.

We run successful workshops in a variety of schools across the South East ranging from regular schools, pupil referral units and special education support centres.



## Workshops

We are available for half-day or whole-day bookings. Sessions are run by our experienced teachers and typically last 1-2 hours. We accept a maximum of XX children per session.

As with many activities, Capoeira can be adapted to the needs of different age groups. At reception and KS1, the activities will be more play-based, focused on different types of animal movement, musical awareness and coordination. At KS2 activities will go on to include named Capoeira moves, choreographed sequences and partner work as well as the development of more complex rhythms.

We can adapt workshops to the suit the age and ability of your students ensuring that all participants are reasonably challenged but also feel that they can accomplish tasks and learn new things.

Contact us to find out more information or arrange a workshop that suits the needs of your school and students.





## 6 Week Introduction to Capoeira

Over 6 sessions students will work together covering the elements of Capoeira in more depth. During the final session we like to invite family members, teachers and other pupils to a performance and demonstration of what we have learnt together.

## Themed Projects

The history and cultural context of Capoeira is very rich and provides opportunities for many different projects and activities.

- **Drumming**

Using Afro-Brazilian instruments and body percussion techniques to explore various rhythms including samba.

- **Dance and acrobatics**

Using the principles of fun and inclusivity inherent in Capoeira to encourage physical activity.

- **History of Capoeira and the slave trade in Brazil**

Exploring the roots of Capoeira and how it was used to fight oppression.

All of these projects introduce children to the Portuguese language and concepts of cultural exchange, social integration and mutual respect.

As with our workshops we can design and deliver a bespoke project which will take into consideration the learning needs and outcomes specific to your school and students.

## Community Projects

Our key objectives include promoting social interaction and community participation, supporting mental wellbeing and self-awareness and developing cultural awareness and competence.

We are keen to work with existing community groups, venues and projects to enable this work and we can provide taster sessions, drop-ins or ongoing programmes of activity. Any project would be tailored to the specific needs of the target community and would be developed through consultation and collaboration. Feedback from users is encouraged, reflected on and used for ongoing development of future projects.



## Business and Corporate

We are available to provide all the activities described for schools and community groups in the context of wellbeing at work and team-building.

We can also provide a team of experienced Capoeira artists to perform at any function, party or event for an exciting and dynamic display of this unique art.



## Samba do Mar

Amazonas Arts organise fund raising events to kickstart our projects. We run a successful Bi-monthly night across venues in Brighton called Samba do Mar.

Working closely with local percussion group Maracatu Cruzeiro do Sul we formed a live Band playing traditional music from the north east of Brazil.

If you would like to book us for your event or party please contact us.

