



Axé Capoeira: Introduction

a tour de force from Brazil to Canada and the world

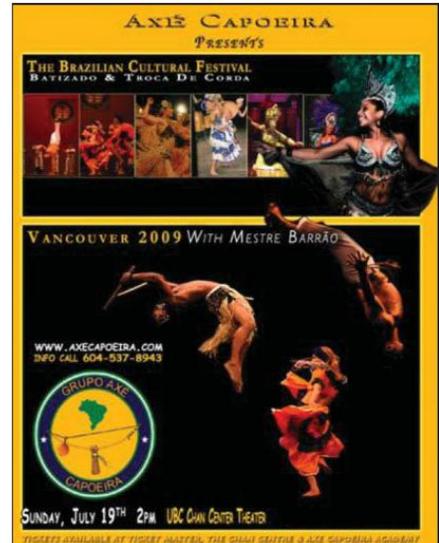
BACKGROUND

Grupo Axé Capoeira has performed worldwide since its conception in Brazil, making its Canadian debut at the Vancouver International Children's Festival in 1990. Featuring traditional capoeira music as well as upbeat Brazilian vocals and instrumentals, performances showcase professional capoeiristas and dancers at the height of their skill.

With exciting choreographed dances, internationally acclaimed capoeira, high-flying acrobatics, invigorating music and dazzling costumes, Axé Capoeira performances have enthralled audiences of all ages and sizes in thousands of schools, festivals, and theatres across the globe.

ABOUT BRAZIL

- largest country in South America
- covers about 45% of the continent's total area
- the only Portuguese speaking country in South America
- population is over 174 million people: almost 5 times that of Canada
- covered extensively by the Amazon Rainforest
- one of the most biologically diverse places in the world
- traditional Brazilian music and dance results from the multicultural fusion of European, African and Indigenous influences



Contramestre BARRÃOZINHO

Marcus Aurelio (Lelo), also known as Contramestre Barrãozinho, was born in Recife, Brazil, and moved to Vancouver, Canada, with his family at age nine. In addition to being internationally acknowledged as a world-class capoeirista and capoeira instructor, Contramestre Barrãozinho is a recording artist and stunt actor, having performed in various films, TV shows, music videos, and commercials, and done motion-capture for popular video games. He placed second out of 250 competitors in the 2000 International Capoeira Competition in Brazil and has competed in several mixed martial arts (MMA) tournaments, one in which his 20-second knock-out victory was captured on video and quickly went viral across Youtube and other social media platforms.

Today, Contramestre Barrãozinho is the owner of Axé Capoeira's flagship academy in Vancouver, BC. He is regularly invited to events and encounters across Canada, U.S.A, Poland, Russia, Turkey, France, Spain, Greece, Mexico, Trinidad & Tobago, Virgin Islands, Brazil and many other locations around the world. Cultivated since the age of 3 with his father Mestre Barrão, Contramestre Barrãozinho's style and creativity in the game is motivational to many and has made him one of today's most influential young capoeira players.



Axé Capoeira: The Dances

an unforgettable Brazilian spectacle



MACULELÊ (*mah-coo-leh-leh*) is an Afro-Brazilian warrior dance created by slave workers on sugarcane plantations in Bahia, Brazil. The choreography and music is based on the movements and drum rhythms that emerged during harvests, when slaves used machetes to harvest the sugarcane.



COLHEITA (*col-i-heta*), portrayed entirely by women, is a traditional dance representing the annual bean harvest in rural Brazil. Colourful and flowing traditional skirts punctuate the dancer's movements as they swing woven baskets to the music, symbolizing the collecting and sifting of beans.

AFRO (*a-fro*) originated among the slaves of Brazil's colonial era. A mixture of steps and rhythms rooted in African, Indigenous, and European influences, rapid, free, and independent movement of the arms, chest, head, hips, and feet emphasize the dance's rhythmic richness and mesmerizing energy.



CAPOEIRA

Capoeira (*kap-oo-ay-rah*) is an Afro-Brazilian art form, created by African slaves over 400 years ago during the colonization of Brazil. Capoeira combines music, hypnotic dance movements, acrobatics and self-defense with live, traditional music. The Capoeira game is usually played with two people who create a dialogue or conversation through various attacks, escapes, acrobatics, and other forms of physical interaction. A ritualistic and energetic atmosphere is created through the accompaniment of the berimbau (a bow-shaped Afro-Brazilian instrument), drums and vocals.



MARACATU (*mah-rah-kah-too*) consists of a powerful, heavy rhythm accompanying a courtly procession representing coronation festivities surrounding the Congolese King and Queen in Brazil, who were elected by the Congolese people and served as symbolic figureheads with no real power. In addition to the royal entourage, the dance features a cast of traditional Afro-Brazilian goddesses, with divine costumes and choreography to match.

COCO DE RODA (*kokoo-dee-rod -dah*) is a typical dance from the beach regions of northeastern Brazil. Exhilarating vocals accompany colourful choreography based on steps and movements traditional to the indigenous Tupi people of Brazil.



SAMBA (*sahm-bah*) is one of the most popular and well-known dances from Brazil. Featuring a highly contagious rhythm, samba is usually seen during Carnival and Mardi Gras celebrations around the world.





Axé Capoeira: Vocabulary

an exciting multicultural experience

INSTRUMENTS



BERIMBAU (*bee-reem-bow*) is a bow shaped instrument, attached by a string loop to a gourd that acts as a resonator. Tonal changes are made by pressing a stone against its steel string while striking the string with a wooden stick. This instrument is an integral part of Capoeira.



ATABAQUE (*at-ah-bahk-ee*) has a medium low sound. The sounds are controlled by specific wrist movements used in striking the drum with one's hands. The atabaque is used in Afro-Brazilian ritual music, and later was introduced into Capoeira.



SURDO (*soor-doo*) produces a deep bass sound. It is normally used to mark time and rhythm throughout a dance or musical number. The surdo is the heart of the Samba rhythms, but is also used for other Brazilian music.



PANDEIRO (*pahn-dair-oh*), or tambourine in English, is originally from East Africa. The pandeiro is considered one of the most complete percussion instruments due to the range of sounds it can produce. It is used in Capoeira, Samba and other Brazilian folkloric music.



TIMBAL (*tim-bahl*) is used in music from Bahia, in the northeastern regions of Brazil. Although it is tuned towards higher pitches, the timbal produces a medium bass and crackling sound.

PORTUGUESE

BASIC CONVERSATION

Hi/Hey	Oi
Bom dia (bon-dia)	Good morning
Boa tarde (boa-tah-ji)	Good afternoon
Boa noite (boa-noi-ch)	Good night
Por favor	Please
Obrigado(m) /Obrigada (f)	Thank you
De nada	You're welcome
My name is...	Eu sou...
How are you?	Comos estás? / Como vai?
I'm well / Everything's good	Tudo bem

NUMBERS

um (oomh)	one
dois (doyz)	two
três (trayz)	three
quatro (KWAH-tro)	four
cinco (SINK-oh)	five
seis (sayze)	six
sete (SEH-chee)	seven
oito (OY-toe)	eight
nove (NO-vee)	nine
dez (dez)	ten
onze (AWN-zee)	eleven
doze (DO-zee)	twelve

COLOURS

preto	black
branco	white
vermelho	red
laranja	orange
amarelo	yellow
verde	green
azul	blue
rosa	pink
roxo	purple



About Grupo Axé Capoeira

inspiring students and audiences since 1982

BACKGROUND & OBJECTIVE

Grupo Axé Capoeira originated in Recife, Brazil, in 1982, and opened the first-ever capoeira academy in Canada, in 1996.

Based in Vancouver, BC, the organization today continues to rise as one of the world's leading schools of capoeira. With its internationally high standards of teaching and training students, Axé Capoeira has seen enrollment steadily increase over the years, to a current total of approximately 8000 students in over 20 countries around the world.

Students and instructors from Axé Capoeira travel internationally to participate in capoeira workshops, competitions, and performances. The group is known for its work in promoting the history, music, art, and culture of Brazil through capoeira, in interactive and educational demonstrations featured in public or for other organizations. In addition to encouraging and teaching the art of capoeira across the globe, Axé Capoeira has released seven albums of capoeira music, annual performance DVDs, and a four-volume instructional DVD set.

Grupo Axé Capoeira works to ensure a strong future for capoeira. Through research, travel, hosting events, and networking with other capoeira organizations in Brazil and internationally, Axé Capoeira aims to increase the group's own knowledge of capoeira while contributing to the art's evolution in the world.



Hong Kong



London



Mexico



Ukraine

PHILOSOPHY & METHODOLOGY

The philosophy of Grupo Axé Capoeira is based on respect for capoeira mestres, those who devoted their lives to building up the art before us; on the preservation of the historical roots and traditions of capoeira; and on practicing capoeira in all its aspects: martial, aesthetic, and cultural. Instructors teach students in a way that will encourage positive, healthy growth of capoeira, delivering both physical and mental training so the student will become a well-rounded capoeirista and person.

The ideal of capoeira is for the two players to create and maintain a physical, psychological dialogue, in which students learn how to create and respond to certain situations, within the context of capoeira as well as without. By engaging with both friends and opponents, students develop flexibility of thinking, a certain openness to others, and an appreciation for difference and multiculturalism.



Vancouver



Brazil



Contact Us

we can't wait to hear from you



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