



CAPOEIRA BRASIL BONDÍ

meirelou

Newsletter #3 November 2010



Meirelou!

Message from Formanda Meirelou...

My "Mestre" always said: "One day you will be in my shoes, then you will understand my position"...

Well, I have a long way to go to be in his shoes, but I like to think that I am following his footsteps, just because even without knowing exactly where I am going, I know the way he choose is safe, correct and I will find myself in it eventually.

Thank you Mestre Peixe for giving all of us the opportunity and investing in our growth, believing in our potential and capability. Thank you for making me see that is only by adding that we can multiply and life is so short to stack with small problems.



Good News from CBBB...

* Townsville Grading was sensational! Awesome energy and once again, having Mestre Boneco around was a blessing!

Congratulations Professor Uakari your students Capoeira level is outstanding and the event was of a high quality!

I can not talk about Townsville and not to mention my dear friends and camaradas Jambo (best mum of the year!) and Complicado, it is always great to spend time with you!

The new addition to the CB-TVL is Hunter, I am totally in love with Jambo and Uakari's baby he is "delicious"!

* The week of workshops and grading with our "Mestre Fundador" was an injection of energy and wellbeing.

I would like to express my feelings of happiness and gratitude towards Mestre Boneco for all his knowledge and wise words that touched people individually, a giant with a gentle soul and enlightened spirit.

His passion for Capoeira is contagious, his humility melts the hearts of those taught by him.

You are a true "Capoeirista" Mestre!

Mixing the grace of a dance with the fury of a gladiator; the sensibility and wisdom of a guru into lyrics and sound...



The impact Mestre Boneco has on our life is a lesson in itself!

News & Events...

We have a few things available for purchase "and remember all profits will go towards our grading at the beginning of next year!"

* Sunday 07th Nov - 6:00pm "Cafe Brasil" 195 Bondi Road, and CB-BB are putting together "Noite do Pastel" with live music! Half of the profits will go towards the grading fundraising!

- 1) The calendar is ready to choose and order \$15 for 1 or \$50 for 5!
- 2) Capoeira Brasil CD - \$30 (\$10 goes towards the grading)

3) "Massa de Pastel" (around 60 portions!) \$30

(deep fried Brazilian pastry) you can use any "dry filling" eg.: mince meat, chicken, cheese, banana+cinnamon, chocolate! etc...)



4) \$5 to enrol yourself and a song (original or not...) for "Singing Competition CB-BB" Saturday 13/11/2010 - 1:30 pm, after adults class.

Location: Next to the childrens playground Bondi Beach.
Prizes: Medals, cinema tickets, instruments, and more... do not miss it!
Requirements: Children, sing the whole song in time with the instruments
Adults: sing the whole song in time and play an instrument.

5) Meirelou's t-shirts kids and or Adult (in 6 different colours) - \$30

* 13th Nov we will "sadly" say goodbye to Leila (Lele) and her kids Frank (Ligeirinho) and James (Bermuda) that will go to Brazil for one year. Graham (Caranguejo) will join them in December, so come to the Farewell-BBQ (B.Y.O.)

www.capoeirabrazil.com.au - Bondi Pavilion, Bondi Beach - 9387 6992

Facebook - Grupo Capoeira Brazil - Bondi

Song of the Month...

Rhythm Regional

A mare, a mare me leva ao céu
A mare, a mare me leva ao céu

(Coro) A mare, a mare me leva ao céu
A mare, a mare me leva ao céu

A jangada me leva
pra outro lugar
eu não sei onde eu vou
nas ondas do mar, A mare!
(Coro)

O chicote me corta
me faz chorar
eu não quero mais isso
eu vou-lá pro mar, A mare, a mare!

(Coro)

vou me embora da terra
eu vou pro mar
no navio negreiro
rezo a Yemanjá, A mare!

(Coro)

Eu perdi a razão
do meu sofrimento
por que a escravidão
não tem fundamento, A mare, a mare

(Coro)

Example song, click the link below,
www.youtube.com/watch?v=E3gqrjBxH_c



Most improved students.....

KIDS:

Taturana (Michael): Your attention span improved big time, it shows in your games, also the flexibility and coordination, amazing "Ponte"(bridge)! Well done!!!!

Gato (Daren): I am very happy with how quick you picking up the movements, well done keep on practicing!!

Tatuzinho (Tai): You are playing really good games, the amount of energy you have we can light a city, lets direct it to capoeira 100%

Corujinha (Jordan): I can see how much you like capoeira and I like to see you training with Tuesdays class kids, you are doing great!!

Bermuda (James): Your games are very strong, you look like a giant, I will miss you sooo much... :(

ADULTS:

Seriema (Irit): More and more, you are using combinations and watching the other player, that's the way!

Urutu: Great to see your performance at the workshops and classes! It is a bright future in capoeira for you!

Boto (Julie): It is a great satisfaction to have you in my classes, you give "always" 100%, that's an example!

Welcome to CB-BB (Capoeira Brasil-Bondi Beach)

Kids Team: Mia, Elina, Lana, Tara, Maya

Adult Team: Jamie (Aranha)

Foreign Correspondence - Hagar (Arraia) from Israel

My first Capoeira class was 5 Years ago with Formanda Meirelou. That was a love from a first site. I remember how fascinated I was from the new movements I have just learned from that tough and strong woman. To train with Meire is to work hard. Meire gives everything she has in the class, she gives attention to every little thing and she always has the right tip to give when needed. Her expectations are high and she never gives up. Watching her seriousness, dedication and concern together with her toughness in the training give me lots of inspiration. You can see from the way Meire teaches Capoeira that it comes from her heart and soul. One day Meire told me that if she succeed to plant the seed of Capoeira in me she have done her job and I can tell for sure she has done that big time!

I have trained with Meire for one year that influenced me a lot. There are loads of things Meire has taught me about Capoeira and life through Capoeira, that I'm carrying with me since then. I had to leave Meire as I went back home to Israel. But in my heart is like I never left. Meire will always be my first Capoeira Master that showed me the way and gave me a strong base.

Two years ago I decided to take my first Capoeira journey to Brazil and I have written about it to Meire. It came up that Meire and Mestre Peixe were about to go there at the same time. We met in Rio de Janeiro and we spend 10 days doing Capoeira non-stop. For me it was an amazing experience and I was so happy to be with my Mestre Meire again.

Thanks Meire for planting the seeds and thanks for who you are!
With loads of love and good memories, Hagar (Arraia)!

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Movement of the month - Au Sem mão - by Mulan

- 1) Initial Position : "ginga" position
- 2) Back leg steps lateral and wide, bringing the torso close to the knee at the same time the other leg goes straight up
- 3+4+5) Using momentum and speed, complete the "AU"
- 6) Back in "ginga" position.



News just in...

* Also farewell to Lele, Bermuda and Ligeirinho...

:(See you in a year, enjoy Brasil!

* Meirelou's t-shirt for kids and Adults in 6 different colours are now available only \$30

(\$5 will go towards our grading at the beginning of next year...)

Bondi Corner... Comments on the workshop:

1) Mestre Boneco always brings with him passion and energy for Capoeira not only as a sport but as a lesson for life. The energy you feel when you are part of this is unforgettable! **Arara**

2) Mestre Boneco is a real inspiration. His wisdom, Knowledge, strength and spirituality is really amazing. I learned a lot and the energy was awesome. Awesome experience. AXE xx **Seriema**

3) The workshop was awesome, lots of energy in the room. Also great to hear what Mestre Boneco has to say about capoeira, about friendships, about life... **Caqui**

4) I like Mestre Boneco's training because its fun, new, hard and exciting to do. I like the scissor take down the best. It was hard but fun. THANKYOU **Ligueirinho** (Frank)

5) As always the training with Mestre Boneco was full of energy, it is truly a unique experience that all of the students should experience. The moves where fun, yet technical. Thank you Mestre Peixe and Formanda Meirelou **Caranguejo**

6) We got to learn and experience movements that I have never learn.(combination of the movements and takedown). Mestre Boneco's and the other Mestre's rodas are always different in a way so that is always very interesting! **Mulan**



Supporters



Credits

Editor: Urutu, Formada Meirelou
 Message of the month: Formada Meirelou
 Movement of the month: Mulan
 Foreign correspondence: Arraia
 Design: capoeirabrazil.com.au, Urutu

NEED SPONSORS URGENTLY!

Through ACBA (Australian Capoeira Brazil Association) We need to put together a proposal for grants for our kids and adult gradings.

For the grading: t-shirts, flyers, poster, banner, laminated certificates (students and guests), workshops and grading venue.

For the guests: accommodation, food, transport, airfare tickets, visas, payment for the guest fees.