



# CAPOEIRA BRASIL BONDÍ

contra-mestra meirelou

Newsletter #1 September 2010



## Meirelou's message...

I would like to start this newsletter acknowledging the hard work all my students put towards Capoeira! Sometimes, we take for granted things that are easy for us, Capoeira is a constant challenge, it is more than kicks and jumps, there are many areas to improve skills and develop.

One of the most important areas is the social skill, where we find in Capoeira the support, the training partners, the encouragement and the inspiration. We learn from and with each other to have sympathy, admiration, patience, to be humble, friendship, unfailing camaraderie. It is a lesson like any other, it is necessary to practice and an exercise to master. Teaching makes me realise that people are searching for well being, lightness, strength, balance, among other qualities that we find in Capoeira, not just in the physical level, also the mental and the spiritual. Enjoy your journey and I will be there for you always!

Meirelou!



## Good News from CBBB...

\*\* Congratulations Professor Uakari and Inst. Jambo for the newborn son Hunter William Eales "Cacador"

\*\* Professor Chumbinho in HK congratulations! Is going to be a DAD!

\*\* Since the Brazil trip last year ten of us from Bondi, planned to go to Brazil in July/August 2010 for a series of events, workshops and grading, such as:

*Mestre Boneco's grading - Rio de Janeiro*

*Mestre Girino ( Jundiai-SP) hosted in his academy a workshop touch by Mestre Peixe*

*5th Ginga Sem Limite - Siribinha-BA*

*Mestre Espiga's Grading - Rio de Janeiro*

*Mestre Paulinho Sabia's grading - Niteroi-RJ*

Unfortunately, some of the students could not make the trip... :(

But Caqui and Gracinha, represented CB-Bondi Beach very well! Some of you may never met Gracinha, but she was training in Bondi for some time and made our school her house. She now lives in France/Mexico and when she heard that we were going to Brasil, she met us there. It was fantastic see Gracinha again and we can say that Caqui trained very hard and played extremely well. Good on you girl!

Keep in mind that every year these events repeat and Meirelou would love to take a group for a Capoeira trip to Brazil!

## News & Events...

\* 12<sup>th</sup> September 2010 - Festival of the Winds – Bondi – pictures next month!

\* 18<sup>th</sup> September - CBAU Roda of the month (Adults) - Brookvale Academy, 7/505 Pittwater road, 11:00am – 1:30pm, details on last page!

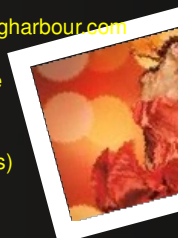
\* 13<sup>th</sup> - 26<sup>th</sup> September - 6<sup>th</sup> Capoeira Festival Nomea - New Caledonia Instructors Javali and Cherrie are organising the festival with the supervision of Mestre Peixe - [www.capoeira-nc.com](http://www.capoeira-nc.com)

\* 28<sup>th</sup> September - 02<sup>nd</sup> October – LA, U.S.A Workshops  
12th International Capoeira Festival and Batizado - 2010 - CBLA  
\* 3<sup>rd</sup> October - Mestre Boneco's Batizado (grading) in LA, U.S.A

\* October 1st - 4<sup>th</sup> Darling Harbour Fiesta - [www.darlingharbour.com](http://www.darlingharbour.com)

\* October 11<sup>th</sup> - 16<sup>th</sup> - 8<sup>th</sup> Capoeira Festival in Townsville details at [www.capoeiraschool.com.au](http://www.capoeiraschool.com.au)

\* October 18-19<sup>th</sup> - CBAU Grading & Workshops (Adults)  
Levels: white - full yellow belts  
City Academy - 6:00pm - 7:30pm  
Levels: white/orange - up  
Capoeira College - 12 Wentworth Ave.- Surry Hills - 7:30pm - 9:00pm  
\* October 20<sup>th</sup> - CBAU Grading for lower belts (Adults)  
City Academy - 6:00pm - 8:00pm  
Wear full uniform with aqua t-shirt  
Cost for the event \$100



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

Facebook - Grupo Capoeira Brazil – Bondi

## Song of the Month...

### Uma luta que era o Maculelê

Uma luta que era o Maculelê  
Virou dança para não morrer  
Capoeira cruzou serrado  
Roda aberta pra quem que jogar  
O Meu mestre que ver você balançar x2  
Angola Angoleiro  
Banguela Regional  
Chamada para o camarda

-Chorus repeats  
O Meu mestre que ver você balançar x2



## Birthdays of the month...

Happy Birthday to all September students!

## New Students...

Welcome to CB-BB - Kids team!

*Isabella (Iagartixa)*  
*Pipi (caxixi)*  
*Amaliah (Molinha)*  
*Sasha (Ferreirinho da capoeira)*  
*Pierre (tororo)*  
*Jibril (Jaguar)*  
*Luca (catraca)*  
*Luana (Luluzinha)*  
*Saya (Cigarra)*  
*Ben (Canario do Brejo)*  
*Liat (Saracura)*

## Most improved students.....

### KIDS

Jujubinha (Gulia Fraga)- Your "Aú" for both sides are fantastic, your game is getting faster and the "Ponte"(bridge) is the movement of the moment!

Canjica (Jacob Parker) - Your game is very strong and I love your esquivas, great vision!

Codorna (Oola Bella Christen) - Your movements are so straight and long, it is beautiful to watch you playing Capoeira!

Iara (Grace Hyde)- You are a true Capoeirista! You respect your friend and the game, listen to the music and always have a good time, well done girl!

Mulan (Misuki Uei) - You are a great example in class, always humble playing with everybody, always happy training (even if it's very easy for you)! That is why you learn so much!

### ADULTS

Araponga (Liora)- Just like to share with others that I think you are improving big time. You are mastering some movements and it makes me happy to see them in the game, good on you!

Caranguejo (Graham)- Your commitment with the art shows in your games. Improving more and more, rising the level of your Capoeira. I am really happy to see you working on the music, well done!

## Foreign Correspondence - Gracinha

The first Capoeira class that I assisted in Bondi, in February 2009, everything was new for me. From outside the training room, I could already hear the Capoeira music and feel the Axé! I entered this huge, clear room in front of the beach, where all the Capoeira students were stretching following the advice of Contra-Mestre Meirelou. From that moment onwards over the next six months Contra-Mestre Meirelou taught me the basics of Capoeira and I tried to learn as much as I could from all her endless knowledge. I also met many nice people who became true friends. After this first class in Bondi, I did not stop training and learning from this infinite Brazilian art which is Capoeira.

In August 2009 I had to leave Australia to follow my university career in France and England where I continued to train in Capoeira, trying to keep in mind all what I had learnt in Bondi. I also wanted to prepare myself and to be ready for the next not-to-be-missed event of the Capoeira world!

Indeed, in July 2010, one year later I had left Australia, it was with enthusiasm that I met Contra-Mestre Meirelou at the airport of São Paulo. It was my first day in the country of Capoeira, Brazil, and the first day of an amazing and incredible journey in the world of Capoeira. During one month, I felt truly privileged to be able to meet important, leading people of the Capoeira world, along with other Capoeira students (among who I already met some of them during my stay in Bondi) and above all guided by Contra-Mestre Meirelou and Mestre Peixe. Indeed, this trip could not have been the same without their help and their advice as Capoeira teachers but also as Brazilians, first to organise this trip in advance and once in Brazil to really enjoy our time. The awesome Ginga Sem Limite event especially organised by Mestre Itapoan, direct student of Mestre Bimba, gave me the incredible opportunity to live and to train Capoeira with forty Mestres coming from all over the world and from different groups of Capoeira. During four whole days, it was truly an amazing experience that I was able to benefit from, among local people, in Siribinha, a nice seaside fishing village.

Between Rio de Janeiro, Sao Paulo and Bahia, between different Capoeira Academies, wonderful beaches and landscapes, between Samba, Forro, Brazilian foods, cultural visits, and all what can represent the Brazilian culture, I really could feel the Capoeira spirit.

So don't hesitate if you have the opportunity to discover Brazil through the eyes of Capoeira, this is a one of a kind life experience that you cannot miss!

capoeirabrazil.com.au - Bondi Pavillion, Bondi Beach - 9387 6992  
Facebook - Grupo Capoeira Brazil - Bondi

Team Bondi 2007



During Contra Mestre Meirelou's recent Brazil trip, CBBB's higher belts step up to look after all of us. This year Caranguejo and his family stepped in for five weeks! Many thanks to him and his family!

As Caranguejo and his family now plan for a year in Brazil, with of course Capoeira training already worked out, we all thank him for doing Contra Mestre proud during her trip to Brasil. His level of Capoeira has surely grown and is sure to impress us yet again when he returns to CBBB in a years time! Of course you can catch Caranguejo in Rio next July! Thank you Caranguejo and Meirelou for your commitment and leadership!

Comments from students:

**Araponga** - I enjoyed the classes with Caranguejo so much! lots of effort and great energy he put into the teaching and he did a GREAT job! Thank you caranguejo, your hard work is highly appreciated!!!!

**Boto** - Caranguejo is an example of a dedicated Capoeirista! He and his family are always happy to help and always engaged in the group. Its a pleasure to be around them. His teaching is great and his humbleness is what makes us feel so comfortable learning from him. We will miss them dearly when they go to Brasil ...

**Seriema** - Caranguejo gave it 200% with the Kids and the adults. He really put in a huge amount of work in teaching us the basics, new moves, songs and instruments. He was there for all of 24/7 and answered all our questions. He is an inspiration. Now him and his family going to brazil for one year will make him become even a better capoeirista. Thank you Caranguejo for everything. Also Thank you to Julie, Iele, Chiho and Ballerina for helping Caranguejo and teaching us all new skills and putting in all the work and effort. X

**Urutu** - Caranguejo's devotion and encouragement has been a great example to me, increasing my dedication and appreciation of Capoeira!

**Catatau** - I would personally like to thank Caranguejo for his training and efforts. I was really impressed with his ability to listen and adapt his lesson/s to what we felt we should learn. I definitely benefited from his teaching style and commitment to the lower belts. Thanks!

Team Bondi 2008



Team Bondi 2009



Team Bondi 2010



Supporters



Credits

Editor: Urutu, Contra Mestre Meirelou  
Message of the month: Contra Mestre Meirelou  
Foreign correspondence: Gracinha  
Design: capoeirabrazil.com.au, Urutu

Coming soon...

We are busy working hard on the "Bondi 2011 Calendar", with pictures of the kids from the events over the past year, to help raise funds for our first Bondi Grading! Samples will be available very soon for pre ordering your own copy! A great gift for grandparents, uncles and aunties!

Roda of the month (Adults)

This month, the adults "roda of the month" is in Professor Fominha's Brookvale Academy, 7/505 Pittwater road, 11:00am - 1:30pm, 18th September. How to get there; please offer your fellow Capoeiristas a lift if you are driving, for public transport refer to www.131500.com.au. Options include buses L90 from Railway Sq or L85 from Wynyard. You don't need a current passport but please ensure your shots are up to date!

Please note, kids class at same time in Bondi as always!