



# CAPOEIRA BRASIL BONDJ

## Formanda meirelou

### Newsletter #11 August 2011

#### Message from Formanda Meirelou...

The experience in Brazil in 2011 was Fantastic!  
 Seeing my students having a good time, enjoying capoeira, making friends and playing real good games, gave me great pleasure and contentment!  
 I would like to thank you all for your patience and understanding to the changes in regards to the trip and accommodation, as you could see, it is not easy to organise an event such "Rio Capoeira" with international students and guests, with sponsors changing their minds... Even with all these obstacles, Mestre Boneco and his team did provide an unforgettable experience for all of us. Thank you Mestre Boneco!!!!  
 About Mestre Espiga "batizado": the week was sensational, the friendly reception from each student of him, the amazing guests teaching workshops, the decoration and in the grading day it was pure emotion!!!!  
 See my friends and brothers Apache, Semente and Pingo receiving their well deserved "Brown Belts" brought tears to everyone present in the event!  
 Absolute, every belt had a very special place in Mestre Espiga's heart and we all felt that.  
 Personally, I made new friends: Claudia, Ricardo, Gigo, Joao Pedro, Cristina, Nago, Floresta, Regina, Valeria( and many more...) which will stay with me forever. People with integrity, honesty, generosity. I thank GOD for having added these people into my life!!!

It is always a refill of energy, knowledge, culture and commitment.  
 I am glad to be back and I missed you all very much.  
 Let's work together towards our next years grading, with trainings, performance rehearsals, finding sponsors, organizing fundraising, etc...

*Meirelou!*

#### • Good news from CBBB...

Toddlers classes: Tues 4 pm

Kids classes (only Advanced) :Tues 5 pm - kids Advanced and beginners Thurs 5 pm and Sats 10:30am

Adult classes: Tues + Thurs 6:00pm Sats 11:30am  
See you in class!!

#### Beautiful Brazil we are back...

After a fantastic trip with full of emotions, experiences, learning so much about capoeira and meeting amazing people we are all back.  
 For this months Newsletter we want to share our stories and pictures with you all. Enjoy!



### Message from Urutu...

During my time in Brasil, I attended the Rio forum which had lots of Mestres to learn from and we met nearly the whole CBLA team! I travelled to Porto Seguro, spent time there with Cabellera and Mestre Railson, at an amazing new academy, purpose built for capoeira! I had a great time there.

Next, I went up to Salvador, an interesting place where I trained at Mestre Bimba's association, making yet more friends! I then returned to Rio for Mestre Espiga's Batizado, an unforgettable time where I made great friends and will never forget my time there. I was then lucky to have a little more time for Mestre Paulinho Sabia's event also, it was good to meet more people from around the world who came for his event, they have so much enthusiasm! I have learnt a great deal more about capoeira and I also now own my first Berimbau from Marcos China. Thanks to Meirelou for all her help and advice on my journey. I look forward to seeing you all again soon, Axé Urutu!



### Message from Gata Loca...

The trip to Brazil was a great experience! A good opportunity for me to learn more about capoeira and the different styles by getting to know other groups from all over the world and of course the big Masters! I loved Rio as a bustling city and Buzios as a nice relaxing get away after the workshop. I will definitely come back for more and recommend it to anyone who hasn't had the chance yet to go! Gata Loca



### Message from Boto...

Brazil was amazing and seeing my family was the best. But also seeing our CB-AU members and making new friends in capoeira was so cool. Loved all the Mestres, old and new, that got to meet and trained with.

The atmosphere was great, so many people from different cultures with one passion together.

Hoping to be there next year again! Love you all! Thx !!! Boto



### Message from Urucum...

My trip to Brazil was a truly fun and unforgettable experience and I would do it all again in a heartbeat!

From the friendships that were made, the many many laughs, the capoeira workshops and the cultural experience as a whole, I highly recommend it.

My only regret being, that I wasn't able to experience more of the night life, in particular the Samba Clubs!

Rio is a truly amazing city with its beauty far exceeding my expectations. Kat and I were also able to spend some time in the beautiful town of Buzios located 3 hrs north of Rio where we were fortunate enough to stay in a gorgeous luxurious hotel. Loved the trendy restaurants and many glorious beaches to choose from.

Being able to experience capoeira in Brazil certainly taught me a lot and helped me realize what capoeira personally means to me. AXE Urucum



### Message from Instructora Chérie...

After all these years, it was my first Capoeira experience in Brasil, I spent 3 weeks in Rio and 1 week in Bahia. After this amazing experience I believe that everyone should experience a trip to Brasil in their life of "capoeirista" to embrace this unique culture. At first, it take time and dedication to be able to afford such a travel, but it is worth it, after you won't see Capoeira the same way but with much more understanding, knowledge and value.

I have to say that for me this travel was to breeze Capoeira from its origin, and discover the why, how, where...even though I don't have all my answers at least I have experience a little bit of it that give me more questions to answer and a fresh start in my Capoeira.

For all these years I try to picture what would be Capoeira in Brazil like and with all my imagination I didn't quite get it, Brasil and Capoeira is still a mystery for me ...which makes it even more exciting.

Meeting people and spending time with them was the most interesting experience ever... people from Brasil, from America, but also you guys from Aus!

In Capoeira, The international Forum was my favorite experience, see all these master sharing their knowledge with us, people fighting to get in the roda so the energy was incredible! Such an intense roda that when you have the chance to play you won't forget it ...A big thank you to Espiga, his group is amazing, his batizado was such a success (I loved it), his academy breeze from his heart and you feel home ...which is important when you are so far away from your group and country.

On the cultural side: I won't forget 2 things: The pelourinhos in Bahia and the Pagoge in Rio. I stayed with Javali in a small "Pousada" (backpacker) in the street of the pelourinhos 2 feet away from the place "Terreiro de Jesus".

A "must do" ! I spend nights dancing Samba with Meire Lou and her friends...wow!

You can't see that anywhere else ! Great to improve your shaking skills while listening to amazing voices ! And finally after all, I have to say "Big thank" to Mestre Peixe because after seeing how Capoeira is in Brazil, how people are, how festivals are organized, he is doing an amazing job in Australia and you have nothing to "Envy" to Capoeira Groups in Brasil. CBAU is strong, passionate and respectful. We are a group that take care of each other, supports each other and accepts differences.

Not every group is like ours, and sometimes we think that it can always be better, on the other side and we don't see the value of what we have just in front of us.

Travelling will show you that and further open your eye to: what you are, what you have, what you want to be, and not be...in capoeira, in Life in general...Thank you Meire Lou and Peixe for this fabulous experience! Instructora Chérie

### Message from Professor Javali ...

Brazil trip 2011.

Hi all, just a quick brief on my experience and encounters in Brazil 2011.

The words I would use to sum my voyage to Brazil were education, passionate, involved, captivating, and enriching. I meet so many capoeira people during the voyage, active practitioners and enthusiast, participated in numerous events as well as regular classes.

My take home message from this voyage for everyone is capoeira is global; the work Mestre Peixe has founded for capoeira in Australia has the same roots as capoeira in Brazil. My most memorable capoeira moments in Brazil were participating in Mestre Espiga's annual event, sharing that week with friends and of course my lifetime partner Cherie.

My concluding statements to everyone is get involved, support and help create, people like Mestre Peixe and Formanda Meirelou are doing an amazing job creating capoeira events for us all. Help them nourish our capoeira.

Obrigado to Mestre Peixe, Formanda Meirelou and everyone. Professor Javali



## Message from Serima...

My Brazil trip and experience was amazing!!

Being able to meet all the amazing masters, learning from their knowledge, having the workshops and learning so much more about capoeira is a true once in a life time experience.

We stayed in a great hostel and met some lovely capoeiristas from LA. Truly everyone I met during my time in Rio was super nice.

The Forum, workshops, rodas were awesome and the energy fantastic.

Being able to train at Mestre Espiga's academy was a very special moment, and everyone was very nice and welcoming. It felt like being home, and the fact that Mestre Espiga build his school with his own bare hands, makes the experience even more special.

Capoeira is dear to my heart and I absolutely love it. This trip has opened my mind up even more, and I have realised how big the learning curve is.

Capoeira is global, so many people from all walks of life come together and understand each other through the art. I will go back, but for longer next time, to experience more. Thank you Meirelou for all your hard work in preparing us for the trip and your good advice. For your love and passion.

Thank you Mestre Peixe for all your hard work and energy.

Setting up a capoeira college in Australia is a huge achievement.

Thank you Mestre Boneco for organizing such an awesome event, it was an AMAZING experience! I have a huge respect for capoeira and its origins. Thanks to Mestre Bimba, we are able to advance capoeira every time and give it the importance it deserves.

All my love, Serima



## Birthdays of the month...

### Kids:

Canjica - Jacob Parker 13/07/2004

Iara - Gracie Hyde, 29/07/ 2003

Tom Hyde 30/07

Ligeirinho - Frank Pearson ( Ligeirinho) - 24 /08/ 2001

### Adult :

Neil - Urutu 23/07

Happy Birthday to all July and August capoeiristas!!

## Support from...

It is always important to remind people that our successful grading in March was thanks to local artist and business listened below:

**Local business:** Cafe Brasil; Between The Flags, Peach Cosmetic Medicine; Nature Care Holistic; Venetia Elaine; Kaleidoscope Tattoo; Cafe Depot; Ambrosia health centre; Sejuiced;

**The artists:** Fila; David Prichard; Eli Braga; Fernanda Porto; Maite M. Marchiori; Emma Magenta; Lia Klugman;

**Thank you so much for believing that with positivity, love and union we can get stronger and successful!!!**



Between The Flags



## Credits:

Editors: Formanda Meirelou, Instructora Chérie, Professor Javali, Boto, Urutu, Urucum, Gata Loca, Serima.

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