



# CAPOEIRA BRASIL BONDÍ

Formanda meirelou

Newsletter #10 June 2011

## Message from Formanda Meirelou...

Brazil, here we go!!!!!!!

I like to remind all my students and friends that on 09/07 myself and some students "Boto, Seriema, Urutu, Urucum, Gata Loca, Cabeleira and Caranguejo" will be going to Rio to participate in Mestre Boneco's event Rio Capoeira!  
I will be back 09/08/2011

Mestre Peixe and some of his students are also going, CB-AU will be in great number and AXE!!!!  
The classes will be continuing with Arara and Genio teaching adult and Tuim (Chiro) will take Tuesdays advanced kids class.  
So far I could not get anyone to teach the other 2 kids classes (Thursdays and Saturdays)  
I am afraid I will have to cancel them until my return.



*Meirelou!*

## Good news from CBBB...

\* I will be going to Townsville to give workshops, from Thursday 30/06 until Sunday 03/07

And I would like to invite everyone to have a farewell in Brazilian style:

"Festa Junina"

It is a traditional country party in June with traditional Brazilian food/drinks and live music (forro).  
Lots of kids and adult activities, family friendly !!!  
Where: Fraser Park - 100 Marrickville Rd. - Marrickville  
When: Sunday 26/06/11 - 11:00 - 6:00pm

\* "Capoeira Project" - I would like to encourage every student, child or adult (families can do it together), to work on a project about capoeira: a master, a group, an instrument, slavery, etc... It does not need to be big, but I would like to have a presentation, you can use, drawings, pictures, you can write about it, you can have a power point, be creative. I do not want to put a deadline to it but I would love to have it sometime before July.

## News & Events...

### Roda the month

\* This Saturday 25th June Roda the month at Brookvale Academy 12 P.M  
7/505 Pittwater Rd, Brookvale. Full uniform grey t-shirt.

Music, Energy, fun, and over all a high quality Capoeira, this is what Roda of the month is about, come over and have a good games !!!!

**P.S - no adult class this Saturday in Bondi Beach, the kids class, Tuim will be teaching.**

After the Roda on Selinas - Coogee Bay Hotel Big Brazilian Costume party (Black Magic)  
9 pm until late Don't miss it!

Brazilian Electronic Djs:

DJ's Fabeta, Felipe Cintra and a Very Special Guests by Baluart Productions.  
(House / TechHouse / Progressive House / Rnb)

\*\*\*\*\*  
Costume is Required!

Giveaways and Best Dressed Prize by BarbieCrew and Brazilian Style Food!!

PRE SALE TICKETS \$10



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

\* Seriemas project: Mestre Bimba!

**Mestre Bimba:**

Manuel Dos Reis Machado (1900 - 1974) Was born in Salvador, Bahia, Brazil.

- With 12 years of age Mestre Bimba got his first contact with Capoeira in Liberdade Salvador.
  - His Mestre was called Bentinho, who was a captain of a shipping company. At 18 years of age Mestre Bimba started teaching. The style he has learned from his Mestre was called " Primitivo" or " aboriginal". Today it is called Capoeira Angola.
  - Mestre Bimba was worried about the reputation & image of capoeiristas in society, as they were way too often victims of discrimination.
  - In 1928 Mestre Bimba created the new style called Capoeira Regional. He developed it through what he had learned over the years, mixed with his fathers Batuque fighting style techniques (African fighting style with leg sweeps). But at the same time preserving the rituals that standardise Capoeira.
  - After a performance at the Palace of Bahia's Governor, M. Bimba finally successfully convinced the authorities of the cultural significance of Capoeira. Followed by the ending of the official ban in 1930, which was in effect since 1890.
  - 1932 M.Bimba founded his first school. The Academia-escola de Cultural Regional in Salvador Bahia.
  - In order to change the reputation, M. Bimba set new standards to the art. His students had to wear clean white uniforms, show proof of grade proficiency from school exercise discipline and show good posture, manners and much more. As a result Doctors, Lawyers, politicians upper middle class and also women started to join his school and provided support.
  - In 1937 he earned the state board of education certificate after he was invited to demonstrate Capoeira to the president of Brazil, Getulio Domeles Vargas.
  - In 1974 Mestre Bimba died after a performance of a Brain Haemorrhage at the age of 74.
- Mestre Bimba managed to recover the original values of Capoeira which were used amongst the black slaves. He fought all his life for what he believed was best for Capoeira and succeeded.
- Mestre Bimba turned Capoeira into a socially acceptable and genuine Brazilian art form, with the respect and the value it deserves.



**“ MUCH AXE TO THE GREAT MESTRE BIMBA, A MAN WHO WAS BORN TO CHANGE HISTORY AND WHO DESERVES OUR UP MOST RESPECT AND ADMIRATION. HE WILL NEVER BE FORGOTTEN”.**

## The loss of a great master...

### • Mestre Nacional

Grupo de Capoeira Quilombo Nagô

Adalberto de Souza Alvarenga, Mestre Nacional born in 26, April 1949, in Rio de Janeiro as a child, became interested in capoeira, every day from his home (in Rua Bispo in Barra da Tijuca), on his way to school-Institute of Santa Rita de Cassia in Conde do Bonfim Street, Mestre Nacional could see a Roda of Capoeira in Mestre Macaco Preto academy and dreamed in be part of it.

Dearest Mestre Nacional pass away 23/06, we lost one more legendary capoeirista, we will miss you Mestre...

### Roda de Piabetá Rio de Janeiro - Mestre Nacional vadiando.

[http://www.google.com.au/url?url=http://www.youtube.com/watch%3Fv%3D6uJiz48lyP4&rct=j&sa=X&ei=ossDTf2UDo6srAeP4NIMDA&ved=0CCUQuAlwAQ&q=mestre+Nacional+rio+de+janeiro+usg=AFQjCNEGAQs\\_Chz\\_ydXqP-PrqqsxG7g3GAg](http://www.google.com.au/url?url=http://www.youtube.com/watch%3Fv%3D6uJiz48lyP4&rct=j&sa=X&ei=ossDTf2UDo6srAeP4NIMDA&ved=0CCUQuAlwAQ&q=mestre+Nacional+rio+de+janeiro+usg=AFQjCNEGAQs_Chz_ydXqP-PrqqsxG7g3GAg)

Salve a voz e s mandinga doMestre Nacional!!! Que negro é esse, negro velho ...

[www.youtube.com/watch?v=6uJiz48lyP4](http://www.youtube.com/watch?v=6uJiz48lyP4)



### Song of the Month...

\* Eu ja Fui...

<http://snd.sc/mki4uc> <<http://snd.sc/mki4uc>>

### Eu ja Fui... ( by Marco alemao/Meirelou)

Eu ja fui la na Bahia, Terra de Bimba Pastrinha e Aberre  
Aprendi a capoeira Samba de roda e maculele.  
Tambem fui la em Sao Paulo, pra Manaus e Belem,  
Mas no Rio de Janeiro, capoeira linda tem

Aprendi a capoeira, bem la longe da raiz  
Ela abriu meus horizontes e me fez muito feliz  
Minha sede e constante, por magia e saber  
Mas nas rodas do Brasil, agua da fonte eu vou beber

Olha vamos embora camarada, que o dia ja raio!  
Olha vamos embora camarada, o galo ja cantou!  
Olha vamos embora camarada, ie cocoroco!  
Olha vamos embora camarada, que o dia ja raio!  
Olha vamos embora camarada, pro Brasil agora eu vou!  
Olha vamos embora camarada, meu mestre me chamou!  
Olha vamos embora camarada, pelo mundo afora!

### I've been...

I've been in Bahia, land of Bimba, Pastinha Aberre (3 masters)  
I've learned Capoeira, Samba de Roda and Maculele  
also been to Sao Paulo, Manaus and Belem (places in Brazil)  
But Rio de Janeiro has a beautiful capoeira

I've learned capoeira very far from it roots  
It opened my horizon and made me very happy  
My thirst is constant for magic and knowledge  
But in Brazil's Rodas, water from the fountain I will drink

Look lets go my friend, it's day time!  
Look lets go my friend, the roster has sang  
Look lets go my friend, ie cockle doodle doo!  
Look lets go my friend, it's day time!  
Look lets go my friend, I am going to Brazil  
Look lets go my friend, my master is calling me!  
Look lets go my friend, out into the "world" !

### Movement of the month "RAIZ" - by Mulan

- 1) Initial Position : Ginga position, taking off with the back leg ( as if you would do a "Piao de Mao") but you place your hands on the floor as a hand stand.
- 2) The back foot lands first, passing over the body with a straight leg ( as if you would do a "Au de Frente") .
- 3) Transfer the body weight to the hand correspondent to the foot that just touched the floor
- 4) The second straight leg follow the movement landing next to he hand and completing the circle.
- 5) Finalizing the movement in ginga position.



• Foreign correspondence by Urutu...

June: Urutu: Buenos Aires, Argentina

In May I visited professor Bugiganga in Buenos Aires, after Meirelou recommended him to me, for two classes with plans to train with his team for a couple of months. It was great to be able to slot straight back into another Grupo Capoeira Brasil class proudly wearing my Mestre Boneco/Peixe abadas and my Formanda Meirelou grading shirt. I was warmly accepted and met people from nearby and as far as New York. My Spanish needs work to fully understand the total class, but Meirelou's Portuguese had made me comfortable with all the moves! I'm now in Bolivia, after deciding to travel first, then stay in Buenos Aires after the Rio Capoeira Forum in July, which I'm looking forward to heaps! I hope to see most of my group in Rio, miss you all, Axé! Urutu!

Birthdays of the month...

Kids:

Canjica - Jacob Parker 13/07/2004

Iara - Gracie Hyde, 29/07/ 2003

Adults:

Neil - Urutu - 23rd July

Happy Birthday to all June and July capoeiristas!!

Thank you Mestre Peixe for the support on Bondi Beautiful Festival, also thanks to parents and you students that participated and support our school, I have got lots of enquiries about classes, it was a great success!!!!



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:

Editor: Formanda Meirelou, Seriemá

Foreign correspondence: Urutu

Message of the month: Formanda Meirelou

Movement of the month: Mulan

Design: capoeirabrazil.com.au