



CAPOEIRA BRASIL BONDÍ

Formanda meirelou

Newsletter #7 March 2011

Message from Formanda Meirelou...

Bondi Capoeira Festival 2011

I would like to congratulate each of my students, children and adults! You all demonstrated, passion, commitment, determination, enjoyment and a strong group bond, personally, I could not wish for more! To each of you that helped me put this event together;

THANK YOU VERY MUCH! Special thanks to:

Seriema, who designed our event logo, art auction booklet, posters and more...
Urutu, who helps me with the newsletter every month and the raffle tickets...
Boto, helped in Brazil Apache's visa application, brought back the event t-shirts...
Araponga for organising the cake!
Christian (Cacador's dad), for the big posters and art auction booklets prints.
Naomi, Emmanuel and Anne, the angels for our theatrical play!
Simi, Jenny, Boto and Marcia's parents that cooked for the guests..
Everyone involved in the garage sale... Donations from 2 generous families...
Donations from local businesses: 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 become stronger and more successful!



Meirelou!



Special news!

Rio Capoeira Forum 2011

Register now at <http://www.riocapoeira2011.com/en/> You need to book flights separately, arrival should be July 8th and departure July 18th. Seriema, Araponga and Urutu have already confirmed! Book before end of March before they run out!



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



Good News from CBBB...

* It was the best investment to have Mestre Espiga and professor Apache in our event!!!! They delivered great classes but also supported the event in every way, thank you so much guys!!!!

* Thank you Instructor Javali and Cherie, your presence with us was fundamental for our success!!!

* Mestre Peixe, your orientation and direction are accentual for my growth and knowledge, thank you always!!!!

* My local guests: formando Curuman, professor Sandrinho, professor Fominha thank you for the workshops and 100% energy you shared with CB-BB!!!!

* To all teachers, instructors and students that were present at the event workshops and grading, thank you for your support!!!!

* The Theatrical Play: "The Mystery of Saci's hood" was a great success!!! Well done kids, you all surprised me big time, knowing your lines and performing beautifully!!! I want to do it again, are you with me???

* Roda for the International Women Day, was fabulous !!! In front of Bondi Pavilion with Mestre Peixe, Mestre Espiga, Professor Apache and lots of students celebrating in pink and red women that has a positive impact in our lives!!! Thank you all mothers, grandmothers, aunties, sisters, cousins, wives, girlfriends and teachers.

* Taking the opportunity to congratulate my mother, Nair Marchiori for her 80th on the 08/03/2011 - I Love you Mum!

*THE LUCKY WINNERS OF THE SECOND CB-BB RAFFLE - Congratulations!!!!!!!!!!!!!!!!!!!!

"1st Prize" Facial - Catherine Muchaya

"2nd Prize" - Bondi Beach gym membership - Joseph Fox

"3rd Prize" - Nature care holistic treatment- Ian Michael

1x meal @ Depot North Bondi -

1x Venetia Elaine clothing - Araponga

1x piercing @ Kaleidoscope Tattoo- Melanie

1x piercing @ Kaleidoscope Tattoo-Isabel Robles

3x vouchers for "Between the Flags"- Jaki Singer

10x - Personal training sessions - Tara Ali

1x book "Chasing Bohemia" - Harry



News & Events...

* March

* Roda of the month...

The roda of the month is on Sat the 26th of March 11:30am.

Dee why Beach on the grassy area in front of the beach...But, if it's raining it will be at 505 Pittwater rd Brookvale.

Please wear your full uniform (abada and aqua shirt)

Support team Bondi! Please offer others a lift if you have space!

Items available to purchase to support the Capoeira Bondi School include:

- 1) Capoeira Brasil CD - (\$30);
- 2) Meirelou's t-shirt kids and/or Adult- \$30;



Song of the Month...

NEGA, NEGA! (Banguela/Regional)

Nega, nega, nega iaia
Nega, nega, nega, ioio
Nega, nega, nega iaia
Nega, nega, nega, ioio

Simbora nega, pegue o seu abadá
Que amanhã é quarta-feira
E tem roda na beira mar
Simbora nega – (coros)

Simbora nega, pegue o seu abadá
Que vai ter roda de samba
E a Capoeira vai rolar
Simbora nega (coros)

<http://www.youtube.com/watch?v=qvY03Eb8c00>

MARIA ME PROMETEU (Banguela/Regional)

Um metro de pano é pouco
Para três moedas no bolso
Vou ligar para Maria
Ela sim sabe o meu gosto
Maria me prometeu de fazer meu abadá
Maria me prometeu, prometeu eu vou cobrar
Maria faz minha roupa
E ela faz com muito gosto
Não cobra muito dinheiro
E nem mete a mão no meu bolso
(coros)



Birthdays of the month...

Kids:

Codorna

Molinha - Amaliah Borg-Olivier 18/03

Borboleta - Carolina Cavalcante

Machliss 19/03

Adults:

Chiro - Tuim

Ken - Genio

Instructor Cherie

Happy Birthday to all March capoeiristas!

Have you emailed Meirelou your
birthday?

News just in...

Quiz catch up...

What's the order of the colours of
Group Capoeira Brasil belts?
How many "Sequencias de
Bimba" are there?



Movement of the month "Au de Frente" by Mulan

AU DE FRENTE:

- 1) Initial Position : Ginga position
- 2) Back leg enter with big step, hands should not be parallel but with a big gap between each other, pointing towards the direction you entered.
- 3) the body travels over the second hand,
- 4) The take off leg is the one arrives first, keeping the second arm straight and the head last to bring up
- 5) finalised the movement in ginga position, bringing the second leg back



Bondi Corner...

Portuguese introduction - Body Parts and Counting 1, 2, 3

Whilst learning Capoeira it's a great way to start learning some Portuguese basics, here are a few to get us started, more next month!

| | | | |
|-------------|--------------|-----------|-----------|
| o pescoço | the neck | onze | eleven |
| a canela | the shin | doze | twelve |
| o pulso | the wrist | treze | thirteen |
| a coxa | the thigh | quatorze | fourteen |
| o tornozelo | the ankle | quinze | fifteen |
| o dedo | the finger | dezesseis | sixteen |
| a junta | the joint | dezessete | seventeen |
| a ginga | the ginga | dezoito | eighteen |
| a capoeira | the capoeira | dezenove | nineteen |
| a roda | the wheel | vinte | twenty |

Supporters

Between the Flags
BEACH SUPPLIES

Ph: 9365 7133
Fax: 9365 7144
Shop 1 A Queen Elizabeth Drive
Bondi Pavilion, Bondi Beach 2026
Catering Also Available!



LOOKING FOR NEW SPONSORS NOW!

Through ACBA (Australian Capoeira Brazil Association) We need to put together a proposal for grants for our kids and adult gradings for next year, please put forward any ideas you have to Meirelou!

Credits
 Editor: Urutu, Formanda Meirelou
 Message of the month: Formanda Meirelou
 Movement of the month: Mulan
 Foreign correspondence: -
 Design: capoeirabrazil.com.au, Urutu



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