

# LET'S PLAY



# CAPOEIRA

Capoeira & Maculele

Capoeira for Schools

About Argola de Ouro

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A secular Brazilian martial art composed of elements of combat, acrobatics, dance, and music, capoeira (pronounced: ca-poo-EH-ra) is the perfect activity for physical, mental, and artistic development. Catered to people of all ages and abilities, celebrities such as actress Halle Berry have practised it to achieve their svelte figures.

Capoeira has grown into an international community with practitioners from every continent in the world (except Antarctica), and has inspired various media such as the movies Step Up 3D (2010) and Rio (2011).



## WHY PRACTISE CAPOEIRA?

- Increases strength and agility
- Improves flexibility
- Encourages creativity
- Instils discipline and mutual respect
- Promotes social interaction
- Improves musical abilities



## INTRODUCING : MACULELÊ



Inspired by the legend of a selfless brave boy who saved his village through divine intervention, maculelê (pronounced: mah-koo-leh-LEH) is an energetic dance that is commonly practised along with capoeira. This rhythmic dance is highly dynamic and exciting, exalting the ideals of bravery and valour.

Brought to you by



# CAPOEIRA FOR SCHOOLS

To introduce this unique martial art and encourage more Singaporean youths to try it, we offer the following programmes:

## **Sports Education Programme (SEP)**

### **Let's start to know Capoeira, The Brazilian Martial Art and Art Form**

1-session introduction workshop  
(60 minutes) *for 30 students*

Students will learn a short history of capoeira, and will participate by trying out capoeira movements under supervision. Students will also learn to sing a few songs and enjoy a performance of capoeira musical instruments.

### **Let's Play Capoeira: Fundamental of capoeira, The Brazilian Martial Art and Art Form**

6 sessions of workshops  
(60 minutes each) *for 30 students*

Students will learn more capoeira movements, songs, and play a few of the musical instruments. This course will provide more in-depth training for students, and if they have gained sufficient proficiency, they will learn to play as a true capoeirista in the roda.

## **NAC-Art Education Programme**

### **Capoeira : The Brazilian Fight, Dance, Game Performance of 30 minutes**

Students will get to see the art of capoeira in action, watching trained capoeiristas spar on stage, and hear authentic Brazilian capoeira music. A few lucky students will get to learn and try out the moves on stage!



**We have worked with the following schools to showcase this martial art:**

#### **Primary Schools**

Anderson Primary School  
Elias Park Primary School  
First Toa Payoh Primary School  
Montfort Primary School  
Queenstown Primary School  
Tanjong Katong Primary School

#### **Secondary Schools**

Bukit Batok Secondary School  
Chai Chee Secondary School  
Coral Secondary School  
Crescent Girls' School  
East View Secondary School

#### **Secondary Schools**

Greenview Secondary School  
Hwa Chong Institution  
Maris Stella High School  
Marsiling Secondary School  
Nan Hua High School  
New Town Secondary School  
Northland Secondary School  
North View Secondary School  
Pei Cai Secondary School  
Pioneer Secondary School Saint Andrew's Secondary School  
Tanjong Katong Secondary School  
West Spring Secondary School

#### **Secondary Schools**

Yio Chu Kang Secondary School  
Yishun Town Secondary School

#### **Post-secondary Institutions**

Hwa Chong Institution  
ITE College Central  
ITE College East  
Millenia Institute  
Nanyang Junior College  
Nanyang Technological University  
National Junior College  
Raffles Junior College  
Singapore Management University



# ABOUT ARGOLA DE OURO SINGAPORE

The first official capoeira association in South-east Asia founded in 2002, Argola de Ouro Singapore has been promoting capoeira in Singapore through public classes offered in the following locations:

- The Substation Dance Studio
- Toa Payoh East Community Club
- Kampong Ubi Community Center
- The Serangoon CC

Capoeira and Argola de Ouro Singapore has also been promoted in the following media and print:

- TV programme “Executive de-stress” by Channel NewsAsia
- Featured on Channel 5 and Channel U
- “Mind your Body” in the Straits Times
- NewMan magazine
- The New Paper
- Friday Weekly



In addition to our annual International Capoeira Festivals (Batizado), we have also promoted capoeira in the following performances:

- NTUC New Logo Event in 2008
- Singapore Arts Festival in 2008
- Keppel Corporation: Naming of FPSO Espirito Santo in 2008
- CAN! Discover. Singapore Youth Park in 2009
- SAFRA Singapore Bay Run & Army Half-Marathon in 2009
- NATAS 2010, Singapore Expo, 2010
- One Moment of Glory, Channel 5, 2010
- World Class, OKTO, 2010
- Fly to Brazil, Changi Airport, 2011



## ABOUT THE CAPOEIRA TEACHERS

### Mestre (Master) Ousado

The first capoeira master to introduce capoeira to London and South-east Asia, Ousado has more than 40 years of experience in capoeira and has been giving various workshops worldwide. He was also appointed as the Regional Director for South East Asia by the International Capoeira Federation (FICA) to promote the recognition of Capoeira as a sport by the International Olympic Committee. He has been promoting the sport in Singapore since 2002.

### Contramestre Tucum

Born in Brazil, Silvano has been practising capoeira since 1991 and holds an instructor's belt and diploma in Capoeira. Teaching capoeira in Singapore with Master Ousado since 2004, Tucum is now a permanent resident and hopes that capoeira will be one of the forefront sports in Singapore.

# HOW TO APPLY

## Sports Education Programme (SEP)

Programme name:

**Let's start to know Capoeira, The Brazilian Martial Art and Art Form**

1-session introduction workshop  
(60 minutes) for 30 students

Programme ID: **11803**

[https://sep.sportsingapore.gov.sg/  
viewProgramme.asp?cid=11803](https://sep.sportsingapore.gov.sg/viewProgramme.asp?cid=11803)

Programme

1. Introduction to capoeira
2. Warm-up/Stretching
3. Learning basic movements
4. Practice in pairs
5. Demonstration of instruments and learning of capoeira songs

*SEP grant can be used by schools to subsidise 50% of the cost of sports programmes endorsed under SEP.*

Programme name:

**Let's Play Capoeira: Fundamental of capoeira, The Brazilian Martial Art and Art Form**

6 sessions of workshops  
(60 minutes each) for 30 students

Programme ID: **11981**

[https://sep.sportsingapore.gov.sg/  
viewProgramme.asp?cid=11981](https://sep.sportsingapore.gov.sg/viewProgramme.asp?cid=11981)

Programme

1. Warm-up/Stretching
2. Learning new movements (more movements introduced in each session)
3. Practice in pairs
4. Learning of instruments and capoeira songs
5. Roda\* (capoeira game)

\*to be held only when students have reached a certain proficiency

*SEP grant can be used by schools to subsidise 50% of the cost of sports programmes endorsed under SEP.*

## NAC-Art Education Programme

Programme name:

**Capoeira : The Brazilian Fight, Dance, Game**

One (30 minutes) performance

Programme ID: **AEP 13348**

[https://aep.nac.gov.sg/nacaep/nacaep/aep/  
aep-program-detail?appId=13348](https://aep.nac.gov.sg/nacaep/nacaep/aep/aep-program-detail?appId=13348)

Programme

1. Introduction to capoeira
2. Performance of musical instruments
3. Performance of capoeira games & maculelê
4. Interactive session with volunteers

*This programme is eligible for the 50% Tote Board Arts Grant subsidy.*

## CONTACT US



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