

# THE RHYTHM OF CAPOEIRA

The story of Mestre Carlos





In the heart of a bustling city, where parks were crowded with people, streets with cars. There was a magical place where children trained capoeira with their Mestre Carlos, a wise and witty capoeira teacher. In that place, they felt as if time had stopped and as if only they were in this world.



While the rest of the world was rushing by, these children found happiness in the enchanting rhythms of capoeira, an energetic Brazilian martial art that combines dance, sport, acrobatics, and music. With each beat of the berimbau and infectious melodies of the pandeiro, the children transformed into graceful warriors, their movements synchronized and fluid. They spun, flipped, and soared through the air as if defying gravity itself.



The children gathered every week at their Capoeira training center. They were amazed by the moves and the rich knowledge of Brazilian culture that their trainer shared with them. He taught them about the history, traditions, and philosophy of Capoeira. The children learned how to convey their emotions as they practiced the art form. They found an outlet for their frustration and discovered feelings of happiness and psychological freedom.



One day, the trainer shared his story of how he discovered Capoeira.

"It was a sunny afternoon when I went to a park for a walk. I heard music and then I noticed people standing in the shape of a circle. In the middle of that circle, two were fighting but in the rhythm of dance. I sat on a bench near them. The music and their energy transported me to a different world. But that world lasted only for a brief moment and then I came back to reality.

In my reality, they were already gone. I didn't have a chance to ask them what they were playing. I went home and the whole night I couldn't sleep. All I was thinking about was them playing.





So the next day I returned to the park, hoping to find them again. I waited, but they didn't come. I stopped at the place where they were playing, and I improvised the movements from my memory. However, since I couldn't recall very much, I added something that I thought looked cool.



I practiced for some time, and while I was practicing, I saw a girl coming towards me. She asked me if we can practice capoeira together. I didn't understand her. Practice Capoeira? What is Capoeira? I was a bit confused, so I explained my story from yesterday.

She smiled and explained to me that what I was practicing is called Capoeira. It's an Afro-Brazilian art form that incorporates live music, sport, dance, play, culture, and history. She taught me how to do the moves correctly, she even told me the names of all those moves. But at that moment I was so excited that I didn't learn a single one.

At that time in her school, people from one association had a project called "Tribo Moderna". Many young children were part of that project. Some of them needed that training for their development and some of them wanted to be part of that project and practice capoeira with their classmates. This project didn't just teach them how to train Capoeira. They've learned through their play to express themselves through their body and to face their fears and weaknesses and overcome them.





Just before she left, she told me that the name of that association is "Udruga Amazonas" and that they also held capoeira classes there. As you might have guessed, it all began when I signed up for their capoeira classes..."

His story ended, and so did their class.

They greeted each other with their "um, dois, três Capoeira" greeting and joined the real world.



The End



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**amazonas**

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Evolve.



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