



# ACBX

**ABADÁ-CAPOEIRA BRONX (ACBX)** is a growing, community-based organization with the mission to preserve, share and expand the art of Capoeira within diverse communities and families. ACBX uses Capoeira as a medium to create positive environments that foster inter-generational engagement, promote healthy lifestyles, culturally enrich students' lives and encourage civic responsibility.

ACBX creates multifaceted Capoeira arts programs that explore the many disciplines the art of Capoeira encompasses from which students can benefit from physically, mentally, emotionally and spiritually.

ACBX is led by the efforts of Instructor Côco (Marcelo Fagundes) and Graduada Franjinha (Jennifer Sanchez-Fagundes), who have a combined experience of over 30 years, working with all ages.

ACBX shares name and philosophy with the international ABADÁ-Capoeira association, established in 1988 by President and Founder Mestre Camisa. ABADÁ-Capoeira incorporates a multilevel philosophy which includes the relentless pursuit of the technical mastery of Capoeira, the use of the art as a valuable academic tool, as well as an artistic & cultural resource; and the transformation of its students into teachers who will preserve the value systems of our Capoeira ancestors, their cultures and life experiences. The original style of ABADÁ-Capoeira seeks to incorporate both Capoeira Regional and Capoeira Angola, and embraces the modernizing innovations of the legendary Mestre Bimba without losing sight of the history and philosophy of the ancient art.

ABADÁ-Capoeira is one of the strongest promoters of Brazilian culture and social change organizing international events, lectures and pro-social campaigns throughout the world. ABADÁ-Capoeira has representation in over 30 countries, with more than 40,000 members.

## ABADÁ-CAPOEIRA BRONX

CULTURE + EXERCISE + COMMUNITY

**ACBX@** The Church of the Mediator  
260 W. 231st. St. Kingsbridge Ave.  
Bronx, NY 10463  
Entrance on 231st behind the bus stop  
**1 train to 231st.**

### CLASS SCHEDULE

TUES	WED	THUR	SAT
	12-1pm Kids ages 5-9	5:30-6:30pm Kids ages 5-9	11am-12pm Kids ages 5-9
6:30-8pm Teen/Adult		6:30-8pm Teens & Adults	

Available for off-site educational programs, workshops, special events and performances.

#### CONTACT

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VISIT **ACBX.ORG** FOR CLASS SCHEDULE IN ADDITIONAL LOCATIONS  
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#### CAPOEIRA

(pronounced ka-poo-eh-da) is a Brazilian art form created by enslaved Africans in the 1500s, that blends dance-like movements, acrobatics, music and self-defense techniques...



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## BRONX

NEW YORK CITY

CULTURE + EXERCISE + COMMUNITY



PHOTO BY: YIFAT MABARY

**THE SELF-DEFENSE TECHNIQUES** of Capoeira are hidden within its dance-like movements and music. Capoeira is a communal game in which the capoeiristas play inside a circle, known as the Roda, formed by fellow classmates who clap, sing, play instruments and pass on their energy to the players. Inside the Roda, the two players develop a mind & body-language dialogue of call and response, masking self-defense techniques with acrobatics and dance-like moves while spontaneously creating a strategy to fool each other.

## BRIEF HISTORY

**MASKING CAPOEIRA AS A DANCE**, enslaved Africans were able to hide its potential as a weapon to fight for their freedom. They practiced Capoeira in the plantations and eventually used its fighting techniques to revolt against slave masters. Capoeira served not only as a means of survival but also as a form of self-expression that would bring people together and help maintain customs they had been forcefully stripped of. Eventually, the practice of Capoeira was outlawed. Nevertheless, due to the perseverance of practitioners, the art evolved and was kept alive. In 1932 the ban on Capoeira was lifted and the first legal Capoeira school was opened by legendary Mestre Bimba.

## TODAY

**CAPOEIRA TODAY** is a central part of the Brazilian cultural heritage, and a source of national pride. Introduced in the US in the 1970's, Capoeira continues to expand throughout the world, becoming one of the country's top exports. It is the most practiced sport in Brazil, second only to soccer, and in 2009 it was classified as a national cultural patrimony by the UNESCO. Today, people around the world reap the benefits this multifaceted art can offer, which has transcended frontiers to be practiced by individuals of all walks of life.

## ACBX EDUCATIONAL PROGRAMS

**ACBX CAPOEIRA ARTS PROGRAMS** provide students with physical, artistic and cultural lessons that creatively combat inactive lifestyles.

In conjunction with participating schools, ACBX develops programs to complement the overall academic curriculum and aid in the development of students. Programs are tailored by age group and designed to engage students regardless of fitness level.

Through our programs, students will learn valuable life-skills that will accompany them for a lifetime.

### THROUGH PARTICIPATION IN OUR PROGRAMS STUDENTS CAN:

- improve overall physical condition • develop leadership skills
- develop civic responsibility • develop a healthy lifestyle
- develop cultural awareness & tolerance • value diversity
- develop rhythmic abilities/learn to play instruments

Participating students are encouraged to be active members of their communities. In this light; students participate in demonstrations and events throughout the city. Additionally, students have the opportunity to be a part of the international larger Capoeira community.



PHOTO BY: MARISOL DIAZ, THE RIVERDALE PRESS

## THE BENEFITS OF CAPOEIRA

The multidisciplinary elements of Capoeira make it a truly unique activity that challenges its students on many levels; physically and mentally.

### SOME OF THE BENEFITS INCLUDE:

- improved reflexes • improved balance and coordination
- increased flexibility and mobility • improved motor coordination
- build muscle strength and toning • improved cardiovascular activity
- develop rhythmic skills/learn to play instruments

Capoeira practice helps develop tactical thinking as practitioners must strategize in the game to camouflage movements and fool their opponent.

Additionally, practitioners learn cultural elements that are integral to the art; they learn to play and care for primitive instruments and many learn to speak Portuguese.

Capoeira, in addition to a great physical activity, provides an excellent outlet for creativity and self-expression.

## ACBXKIDS!

ACBXKids! caters to children as young as three years old; separated by age-group, kids' programs focus on the acrobatics and musical elements to help develop spatial awareness and motor-coordination. We nurture a family-like environment that stresses empathy and cooperation. Combining games with Capoeira lessons, kids maintain engagement and exercise without realizing it!

With 20 years of experience teaching children, Instructor Côco's creativity and genuine connection with children allows kids to easily reap the benefits of Capoeira while having lots of fun.

