

ES 1-17 Winter 2023

Course: Introduction to Capoeira – An Afro-Brazilian Martial Art and Cultural Movement

Location: Robertson’s Gymnasium Room 2320

Times: Mondays and Wednesdays at 10am, 11am, and noon

Instructor: Mr. Silva (Mestre Mariano Silva)

Phone Number: 805.259.7874

Email: MarcosSilva@ucsb.edu

Office Hours: By appointment, email Mr. Silva to make an appointment.

Course Fee: \$10

COURSE DESCRIPTION

An introduction to the Afro-Brazilian martial art that presents elements of self-defense, acrobatics, music, dance and ritual. Students will improve their body's physical strength, power and flexibility, as well as their mind's concentration, self-confidence, courage and creativity. This course includes a variety of rhythm analysis, historical reflection, movement styles and group discussion.

COURSE OBJECTIVES

At the conclusion of the quarter students will be able to:

1. Demonstrate flexibility, agility, balance, strength, rhythmic acuity and coordination in Capoeira technical skills,
2. Understand the historical context of Capoeira and the relevance of Capoeira as a tool of social integration in our current society,
3. Identify how movement becomes a language of personal expression and culture,
4. Sing and comprehend songs in Brazilian Portuguese,
5. Differentiate between multiple Capoeira rhythms, and
6. Play accompanying instruments of the *Bateria* (orchestra of the circle called *Roda*).

COURSE MATERIALS

Required Readings or References

University of California at Santa Barbara
Department of Exercise and Sport Studies

Course Material including videos and reading material will be posted each week on Gauchospace. Students are expected to come to class having read and/or watched the material and be prepared to discuss it in class.

Required Equipment

Students are expected to arrive to class on time and to have appropriate attire for the movement segment of class. Attire is comfortable pants (sweat pants, yoga pants, etc), T-shirt, and bare feet or sneakers. **Absolutely no hats, denim, sandals or boots of any kind are to be worn during the movement segment of class.** No food or drink other than water is allowed; no gum. Cell phones must be placed on silent. Cell phone usage or texting during class is not permitted.

Course Fees

\$10

COURSE INFORMATION

Gauchospace is the platform for all ESS course information, resources and communication. Students can access assignments and grades on Gauchospace. **Students are expected to log in to Gauchospace each week.**

COURSE GRADING AND EVALUATION

Attendance/Participation

Students must login to Gauchospace, participate in classes, and complete course activities each week. If students miss two or more weeks of coursework and do not turn in the writing assignment before the due date, they will not pass the course.

Assignments

Writing Assignment No.1. Compose a 2 page research paper describing the history of Capoeira and how Capoeira is used as a tool of social integration. Include in the paper historical references as well as your experience in the course, information you learn from discussions and your participation in any Capoeira classes outside of the university (if applicable). Writing assignments must be typed in MLA format, 12-point font, double-spaced, and uploaded to Gauchospace by the end of week 5.

POLICIES

E-mail

All students are expected to have/obtain a UCSB e-mail account. You are strongly encouraged to use the UCSB e-mail to communicate your questions and comments to Mr. Silva.

Student Responsibilities

Students are expected to login to Gauchospace each week and follow the instructions for course content that week. If students have questions about course content or need to make up coursework they should email Mr. Silva. Students are expected to come to class on time, sign in, and be prepared to learn.

COURSE CALENDAR

Mr. Silva may adjust the course material and assignments based on the development of students in each class. The following course calendar serves as an overview of course material. Students should reference Gauchospace each week to find current assignments and supplemental discussion items and reading materials.

Week	Course Material	Assignments and Reading Material
1	Fundamentals of Capoeira: Discussion introducing Capoeira. Basic Movements including Ginga, Esquiva, Meia-lua, Cocorinha, Rasteira, and Au.	Review the course syllabus and ask Mr. Silva if you have any questions. In the Gauchospace discussion board, share how you found out about Capoeira or why you were interested in taking this course. Practice the basic Capoeira movements learned in class.
2	Capoeira Dialogue: Call and response, attack and defend. Discussion on Social Movements and Justice.	Review materials posted to Gauchospace. Reflect on Capoeira as a social movement and instrument of justice. Practice on your own, with a friend and/or attend a class at Mestre Mariano’s academy off campus. Notice how the timing of Ataques and Esquivas facilitates a conversation (body dialogue).
3	Capoeira Combinations: Putting the movements together with fluidity. Discussion on Race, Identity, and Ethnicity.	Practice the fundamental Capoeira movements, movement combinations, and start to develop your own combination of movements. Review materials posted to Gauchospace. Reflect on Capoeira as a common language of liberation. How is identity expressed in Capoeira?

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4	<p>The Roda (Circle): Applying the dialogue in the circle. Discussion the Social Integration.</p>	<p>Review materials posted to Gauchospace and reflect on how Capoeira is used as a tool of social integration. How do the traditions of the Roda reinforce the model of community cohesion? Continue practicing on your own or attend a class at Mestre Mariano’s academy off campus and participate in the Roda.</p>
5	<p>History of Capoeira: Lecture and discussion on the History of Capoeira. Review of movements, combinations and Roda.</p>	<p>Writing Assignment No.1 due – Upload to Gauchospace. Review materials about the Batizado (belt ceremony), and history of Capoeira. Reflect on how the historical context of Capoeira is relevant to the practice of Capoeira today.</p>
6	<p>Capoeira Instruments and Music: Introduction to the instruments of Capoeira. Discussion on the Globalization of Capoeira.</p>	<p>Review of Capoeira instruments, fundamentals of Capoeira music and songs. Practice reading and singing the Capoeira songs. Review the name of each Capoeira instrument. Review materials posted on Gauchospace and reflect on the globalization of Capoeira.</p>
7	<p>Capoeira for the Mind: Discussion on how Capoeira improves Cognitive Function and Performance. Introduction of more advanced movements.</p>	<p>Practice Capoeira movements and songs on your own. Give yourself “study breaks” to practice moves and make note of improved focus when returning to studying. Review materials posted to Gauchospace on the benefit of Capoeira for the mind. Reflect on your first class in this course. How has your experience over the past 6 weeks shifted your perspective?</p>
8	<p>Capoeira Games: Learning the Capoeira games including Apanha Laranja, and Jogo de Dentro. Discussion on the Power of Play.</p>	<p>Review materials posted to Gauchospace on the Capoeira games. Practice Capoeira movements, combinations, and songs on your own. Notice your improvement as you develop muscle memory each time you practice the same movement.</p>
9	<p>Capoeira Dances: Basic steps and traditions of Samba de Roda and Maculele. Discussion on Gender in Capoeira.</p>	<p>Review materials posted to Gauchospace on the Capoeira Dances. Reflect on gender expression in the Capoeira game and dances. Continue practicing the Capoeira movements, combinations, and songs on your own or attend an additional class at Mestre Mariano’s academy.</p>

10	Final Evaluation	Capoeira Roda – Students will demonstrate the movements and music learned in this course in a Capoeira Roda. All students have the option to receive their first Capoeira belt in the Batizado (belt ceremony) at Mestre Mariano’s academy.
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Capoeira Vocabulary:

Basic Movements of Capoeira

1. Ginga (home base movement where all movements in Capoeira start)
2. Basic Kicks (Ataques)
3. Basic Escapes (Esquivas)
4. Basic Acrobatics (Floreios)

Movement Combinations with a Partner

1. Meia Lua de Frente (Crescent Kick)/Cocorinha (Squatting Escape)
2. Bencao (Straight Front Kick)/Queda de Quatro (Escape to the floor)
3. Au (Cartwheel)/Cabecada (Headbutt)

Capoeira Roda (circle)

1. Comportment in the Roda
 - a) Rules & Etiquette
 - b) Uniform
2. Historical aspects of the Roda
3. Playing in the Roda

Games of Capoeira

1. Apanha Laranja – Contest for Money
2. Jogo de Dentro – A Game played very close

Dances of Capoeira

1. Samba de Roda
2. Maculele