

## About Cobra Capoeira

Cobra Capoeira is a Capoeira School in Berkshire established in 2010 by Raimundo (aka Professor Cobra) with the aim of to make Capoeira available to all children and adults in Berkshire and near by; offering benefits Capoeira brings to individuals and local communities.

Raimundo, from Brazil, started Capoeira as a teenager and now has more than 20 years of experience in teaching and practicing Capoeira around the world.

His fun, interactive and educational classes are already enjoyed by many children and adults in Reading and near by.



## Capoeira project at your school?

To arrange a Family or Kids Capoeira Project in your school as after school club or part of school curriculum please contact us on details given below.

## Displays, Shows and Workshops

We also specialise in providing informative or entertaining Capoeira shows, displays and workshops for kids, adults or families.

**Fully insured & DBS checked!**



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[www.cobracapoeira.co.uk](http://www.cobracapoeira.co.uk)

# FAMILY CAPOEIRA



***Family Capoeira*** is a unique project where adults and children enjoy playing Capoeira – a Brazilian art form – together! Family Capoeira is a sport, an art and community; due to its diversity it is ideal as a joint family activity and is enjoyed by big and small alike, with elements of physical activity, social interaction, music and singing.



[www.cobracapoeira.co.uk](http://www.cobracapoeira.co.uk)

## What is Family Capoeira?

**Family Capoeira** is an adult & child class enjoyed together by a grown-up (parent, aunt, granny, uncle, nanny...) and children aged 3 and above, where adults and children actively explore the art of Capoeira together through movement, rhythm, music, and social interaction.

**Family Capoeira** is a fun way to be active with your child, be part of a friendly and local community, and become part of a rich and diverse culture which enriches our lives now as well as it did in the past.

These classes are also an opportunity to busy parents to combine a mini workout with a quality time with their children, and no cost and worry about babysitters either.



## Benefits of Family Capoeira

**Family Capoeira** has many aspects which develop and improve person's

- **Physical ability** – coordination, strengths, over all fitness, balance, agility, flexibility, endurance, and speed.
- **Mental ability** – memory, game tactics, observance, goal-setting, confidence, perseverance, sense of achievement.
- **Social skills** – team work, respect, tradition, cultural and social cooperation, expression, leadership, sense of belonging.

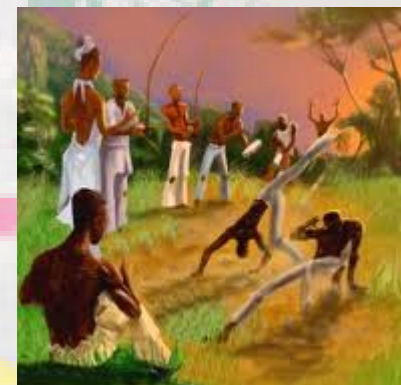
The instructors and adult role-models in Capoeira teach kids valuable life lessons and habits that can lead to a lifetime of good health and civic involvement.

This might sound serious and while it can be, ultimately it is about having fun while being active with your children. **The whole family will learn many new skills and have a quality time together!**



## What is Capoeira?

Capoeira is a rich and diverse art form originating in Brazil around 16th Century. It is generally accepted that Capoeira was created by slaves as a way to practice self-defense skills to escape from captivity of their masters and to defend their freedom later on. With no free time and always under the vigilant eye of their masters these slaves could not practice such skills freely, and Capoeira was born as an art form, as a cultural ritual, as a dance and a game, where self-defense movements are disguised in a dance like movements, where music and songs are as important as the movement itself.



Capoeira stories tell about rich history of the lives people led before, their suffering, happiness, friendships, quests for freedom, the joy of companionship and beauty of Capoeira; they teach valuable lessons to us all and encourage to live in a moment, to learn, to be happy, enjoy what we have while always striving to improve.