

# GIVE



# THANKS

*With*

# Mestre

# Cobra

# Mansa

*\* There are three Mestres in the International Capoeira*

*Angola Foundation (ICAF) community: Mestre Cobra Mansa, Mestre Jurandir Nascimento and Mestre Valmir Damasceno. Mestre Cobra Mansa first established the headquarters of ICAF in Washington DC in 1995.*

*\* Mestre Cobra Mansa began training with Mestre Moraes in 1976, and in 1982 they founded the Grupo de Capoeira Angola Pelourinho (GCAP) in Salvador. GCAP was the first organization to recognize and attempt to preserve Capoeira Angola, the traditional form of capoeira.*

*\* Cobra Mansa has researched all aspects of Capoeira Angola, from its origins in Africa through its turbulent history in Brazil. He has interviewed and videotaped many of the old masters in an effort to accurately understand and document the events leading up to the present. He is now a leading expert, not just on Capoeira, but on the berimbau (the musical bow), the Black Movement, and African martial arts, and holds a bachelors degree in physical education.*



***3 DAYS OF WORKSHOPS,  
LECTURES AND RODAS WITH  
MESTRE COBRA MANSA***

*Schedule*

**Friday November 27, 2009**

6pm - class

8pm - roda

**Saturday November 28, 2009**

10am - class

12pm- lunch break

1pm - lecture

2:30 - class

4:30 - roda

**Sunday November 29, 2009**

10 - class

1pm - lunch break

2pm - roda

**Prices**

Friday \$25

Saturday or Sunday \$30

Whole Weekend \$65