

# International Capoeira Angola Foundation...



ICAF - OAKLAND CHAPTER  
2513 MAGNOLIA STREET  
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WWW.FICAOAKLAND.ORG



...dedicated to the practice, preservation  
and growth of Capoeira Angola



International Capoeira Angola foundation

2513 Magnolia Street, Oakland, CA 94607

(510) 545-2022 - icafoakland@yahoo.com - www.ficaoakland.org

### **Greetings!**

**We would like to introduce you to the International Capoeira Angola Foundation (ICAF), a non-profit tax exempt organization dedicated to the education and practice of the Afro-Brazilian martial art form of Capoeira Angola. Capoeira Angola combines martial arts, dance, music and oral tradition into a dynamic art focused on liberating people and building community. In Brazil's major cities, such as Salvador, Rio de Janeiro and Belo Horizonte, it is a symbol of resistance against racism, poverty and class separation.**

**Our mission in Oakland, CA, is to reach underrepresented groups through teaching Capoeira Angola's movement, music and philosophy as a means of resistance against urban violence, mis-education and poverty. To date, we have successfully made inroads in the San Francisco Bay Area with classes, demonstrations and school programs, as well as three encounters which brought together the worldwide community of Capoeira. We attribute our success to the fact that Capoeira synchronizes movement, rhythm and African and Brazilian history into a self-expression that fosters harmony with others and allows for individual growth.**

**We hope that, after reading more about Capoeira Angola and ICAF, you will help us further our mission by inviting us to work with your program and further expand the world of Capoeira Angola.**

**Our center is located at:**

2513 Magnolia Street in West Oakland

Between 24<sup>th</sup> and 26<sup>th</sup> Streets



## ICAF – The Organization



From left to right:  
Mestre Cobra Mansa  
Mestre Valmir Damasceno  
Mestre Jurandir Nascimento

The International Capoeira Angola Foundation began in 1994 and was formally incorporated in March 1997 in Washington DC, as a non-profit, tax-exempt organization. It is the outgrowth of the work of Mestre Cobra Mansa, the organization's co-founder who arrived in Washington DC, from Brazil to teach the Afro-Brazilian art of Capoeira Angola. He was the co-founder of the first organization in Brazil to formally revive this art and demonstrate its ability to transform lives, particularly of young Afro-Brazilians.

ICAF is known in Brazil as Fundação Internacional de Capoeira Angola (FICA), and in its inception was a collaboration of groups in three cities: Washington DC in the United States; Salvador, Bahia, Brazil; and Belo Horizonte, Minas Gerais, Brazil. The organization's founders: Mestre Cobra Mansa, Mestre Jurandir Nascimento and Mestre Valmir Damasceno joined forces to implement the dream of an international community of Capoeira. Since then, the groups affiliated with ICAF have expanded to include training groups all over the world.

The International Capoeira Angola Center in Oakland, CA is a center devoted to regular classes, community outreach and maintaining a library of capoeira-related books, articles, and video and audio recordings. The center maintains a training schedule for beginning and advanced students, for students of all ages. As part of the basic curriculum, students learn the movements, learn to sing the traditional songs, learn to play the instruments associated with the art, and learn to respect the traditions. After a short time, students are also expected to participate in the organization's activities by serving on a commission, and to develop an understanding of the history of Capoeira Angola and the Afro-Brazilian experience. Classes are open to all who want to participate, and a weekly children's class is also offered. The student base is open to all people, regardless of race, gender or age.





Bringing the International  
Capoeira Angola Foundation  
(ICAF) of Oakland to your school



## Demonstrations

**ICAF Oakland has presented over 50 demonstrations at elementary, middle and high schools, as well as other cultural events, since 1997. ICAF Oakland is flexible about the format of the demonstration, depending on the needs of your school. We are available for performances for large audiences in school assemblies, for hands-on workshops in a classroom setting, or a combination of performance, hands-on and question and answer about Capoeira Angola. It is a great opportunity for your kids to be exposed to a complex art form in all facets, to have their questions answered, to find out about Brazil and Africa, to play instruments, to sing songs and more!**

## Classes

**Capoeira Angola has been successfully incorporated into school curriculums around the country and in the Bay area. Treinel Daniel Mattar has designed and led programs for over 9 schools and community centers in the Bay Area. Capoeira Angola is an interdisciplinary art form that is beneficial for many different grades in their development of their physical, social and emotional education. The traditions of Capoeira Angola provide a creative opportunity to assist in the building of respect, self-esteem and identity. We design different classes to meet the needs of the school and program we are serving. Our multi-disciplinary curriculums incorporate Afro Brazilian history, Portuguese, music and movement. Capoeira Angola classes have been utilized in the education system as a form of physical education, internships, elective courses, short-term and long-term programs, demonstrations and after school programs. ICAF Oakland is willing to work closely with any school or program interested in starting classes for their students in Capoeira Angola.**

**For more information look at [www.ficaoakland.org](http://www.ficaoakland.org), email**

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## COMMUNITY OUTREACH



ICAF has a history of demonstrating before the public. Presentations can be geared to children and adults and accommodates any size audience. Our purpose in demonstrating Capoeira Angola is to educate as well as entertain. Although our demonstration of the Roda de Capoeira presents an entertaining show, it is important that we convey the history of the African Diaspora and the ancestral connections as well, and for the audience to realize that this practice was carried through a turbulent past by determined people.

Capoeira Angola, as an art, appeals to many senses. The audience sees the beautiful and acrobatic movements. They hear the singing. They hear the music of the bateria, particularly the berimbau, which, in itself, is a curiosity to most people. Most importantly, it is presented as a participatory art. The songs are call and response and even though they are sung in Portuguese, they are easy to learn. We prefer a setting where the audience can join us in the circle, and sing along with us. Our presentations are usually followed by questions from the audience that allows us to convey the historical and geographical elements.



A basic presentation can be done in 30 minutes, where we introduce Capoeira Angola and conduct a Roda de Capoeira. With more time, we are able to introduce



the instruments, teach the audience a few songs, discuss more of the background and answer questions. In an appropriate arrangement, we are able to do movement workshops, where participants learn to use the entire bodies in movements that enhance balance, mobility, flexibility and kinesthetic awareness to develop the skills of the traditional Capoeira player. They would also learn to sing the songs and to play the instruments of Capoeira – the berimbau (a musical bow), pandeiro (tambourine), atabaque (drum), agôgô (two-toned bell) and the reco-reco (a ridged instrument scraped with a stick). By the end of a

workshop, students will be able to show the movements they learned and participate in a Roda de Capoeira.



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**2513 Magnolia Street, West Oakland, California**

## International Capoeira Angola Foundation – Oakland Chapter



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### What is Capoeira Angola?



What is *capoeira*? (pronounced “cah-poe-ay-ra”, with a slight roll on the “r”)

**Capoeira is a martial art that was created by African peoples in Brazil. Part dance, part fight, part acrobatics, it combines elements of numerous African cultures into a beautiful expression of art. Legend tells us that it was practiced in secrecy during the days of slavery, and that it was deadly when used to fight the slave owners. Today, capoeira is recognized as a “liberation art” and is played as a game. Training is demanding, but capoeira is more than a physical activity – one’s wits and creativity are just as important as a strong body.**

**Its African heritage gives capoeira a unique style of movement that emphasizes connections to the earth. We often stay low to the ground, and sometimes move like snakes, monkeys, or other animals. Emphasized, as well, is the role of music and rhythm in the game. Those who play capoeira must not only be athletes, but musicians and singers too.**

What are the songs about?

**The songs we sing are about many different things, ranging from the pains of slavery to the beauty of a woman. Except for a special type of song that acts as a prayer at the beginning of a game, they all use the traditional African “call-and-response” song structure, where a lead singer “calls” out each verse while the rest of the group responds with the chorus. The lead singer will often choose to sing a certain song based on the action to those sitting or playing instruments. Many of the songs are hundreds of years old, and keeping them alive is one of the most important aspects of our style of capoeira.**

In what language are we singing?

**The official language of Brazil is Portuguese. The Portuguese language is of Latin origin, but Brazilian Portuguese, in particular, has a strong sampling of various African languages. It is a very beautiful, melodic language, which makes it natural for singing.**

What instruments are used in capoeira?

**The most important instrument is the *berimbau* (pronounced “bear-eem-bow”), which is basically made of a straight branch from a tree, a long piece of metal wire, and a hollowed-out gourd. This instrument controls the energy of the game – there are many different rhythms that are played by the berimbau, each with a specific purpose. Mastering the subtleties of this expressive instrument takes years of practice.**

**The *pandeiro* (pronounced “pahn-day-roo”, with a slight roll on the “r”) is otherwise known to folks in the USA as a tambourine.**

**The large drum which supplies the backbone to the rhythm is an *atabaque* (pronounced “ah-tah-bah-key” with no stress on the last syllable). This instrument is the heart of the capoeira game.**

**The *agôgô* (pronounced “ah-go-go”) is a two-toned bell, similar to a cowbell, and the *reco-reco* (pronounced “heh-ko-heh-ko”) is a hollow tube with ridges that is scraped to produce rhythms.**

Are there other examples of African traditions in Brazilian culture?

**Outside of Africa, Brazil has the largest population of people with African ancestry than any other country in the world. Brazilian culture is rich with many African traditions, from its food to its music. African spiritual beliefs are the foundation of the Brazilian religions of *candomblé* and *macumba*, which are the second only to Catholicism in terms of popularity. First-time travelers to Brazil are often surprised by the influence of African culture throughout the country.**

**However, as a synthesis of various African games and rituals, capoeira is a uniquely Brazilian art. While one may find, in Africa today, certain elements of dance, music, and fighting that are similar, it was only in Brazil that they were so beautifully combined into the art of capoeira.**

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Oakland, CA 94607

To Whom It May Concern:

I am writing to express my interest in teaching Capoeira Angola in Bay Area Schools and community programs. Capoeira Angola is an Afro-Brazilian tradition that combines martial arts, dance, music and oral tradition into a dynamic art focused on liberating people and building community. It is beneficial for many different grades in their development of their physical, social and emotional education. The traditions of Capoeira Angola provide a creative opportunity to assist in the building of respect, self-esteem and identity.

Capoeira Angola has been successfully incorporated into school curriculums around the country and in the Bay area. We design different classes to meet the needs of the school and program we are serving. Capoeira Angola classes have been utilized in the education system as a form of physical education, internships, elective courses, short-term and long-term programs, demonstrations and after school programs.

I am the leader of the Oakland division of the International Capoeira Angola Foundation under the guidance of Mestre Jurandir. I have been involved in Capoeira Angola since 1994 and graduated Treinel (Instructor) in 2007. Since 2002, I have helped lead the Oakland group and have been involved in bringing Capoeira Angola to the community through numerous youth and outreach programs. I currently lead two youth programs at our center in West Oakland and multiple programs throughout the bay area with Destiny Arts. I hope to have the opportunity to bring this art form to the youth of your school or agency. Please feel free to contact me with any questions.

Sincerely,

Daniel Mattar  
(510) 684-4797  
[danielmattar12@hotmail.com](mailto:danielmattar12@hotmail.com)

## **Daniel Mattar**

### **Capoeira Angola Instructor**

Graduated Treinel 2007 – International Capoeira Angola Foundation

2513 Magnolia Street Oakland, CA 94607

Capoeira Angola Center

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[www.icafoakland.org](http://www.icafoakland.org)

#### **Definition:**

Capoeira: Brazilian art form that combines elements of martial arts, movement, history and music.

#### **Profile:**

Over 8 years of national and international professional experience developing curriculum, planning, coordinating, and implementing Capoeira courses within various diverse urban environments, including Elementary, Middle and High schools; community based organizations, etc. throughout the Bay Area.

#### **Experience:**

##### **Organization Director**

Director of the Oakland Chapter of the International Capoeira Angola Foundation. Facilitating ongoing courses for adults, kids, home school youth and families. Offering workshops nationally & internationally.

**International Capoeira Angola Foundation**                      West Oakland, CA                      2003-Present

##### **Therapeutic Capoeira Teacher**

Implemented various therapeutic aspects in Capoeira curriculums which address building group dynamics, cultural awareness and self esteem.

Implemented the five-finger violence prevention curriculum which focuses on building social skills, life skills and conflict resolution.

<b>Destiny Arts Violence Prevention Program</b>	Oakland, CA	2010- Present
<b>Vincent Academy Charter School</b>	Oakland, CA	2011-Present
<b>Unity High School</b>	Oakland, CA	2011-Present
<b>Lorin Eden Elementary</b>	Hayward, CA	2011-Present
<b>Berkeley Youth Alternatives</b>	Berkeley, CA	2010
<b>Youth In Arts</b>	Marin City, CA	2009
<b>Grass Valley Elementary School</b>	Grass Valley, CA	2009
<b>Lighthouse Charter School</b>	Oakland, CA	2008- 2009
<b>EnCompass Academy</b>	East Oakland, CA	2008
<b>Project Yes</b>	East Oakland, CA	2006
<b>Girls Inc.</b>	Oakland, CA	2004-2006
<b>DeCal, University California</b>	Berkeley, CA	2005
<b>Alameda Point Youth</b>	Alameda, CA	2004
<b>Life Academy School</b>	East Oakland, CA	2003- 2004
<b>Berkeley High School P.E. classes</b>	Berkeley, CA	2002

#### **Awards**

**International Capoeira Angola Foundation**                      Treinel

\* Received the prestigious title as Treinel, which is equivalent to an advanced level Teacher

**\*References available upon request.**