



CAPOEIRA FOR KIDS

**BRAZILIAN ART FORM
THAT COMBINES ELEMENTS
OF MARTIAL ARTS,
SPORTS, AND MUSIC**



Capoeira is a Brazilian martial art that dynamically blends an array of kicks, sweeps and acrobatics by setting them to traditional Brazilian rhythms and songs. It is simultaneously a martial art, a dance, a game, and a ritual. Students are not only educated in methods of attack and evasion but also become familiar with the music, customs, philosophy and language of Capoeira. The result being not only a total body workout but immersion in a 100% Brazilian art form.

Grades: 2–8th

Cost: \$100/student

Day: Thursdays (NEW 2-3rd Graders)

Dates: 1/12–3/15

Fridays (Returning 4-8th Graders)

Dates: 1/6–3/16 (no class 2/3)

Location: Irvington Gym

Time: 3:00 - 4:00

Check payable to Pedro Cruz. Please turn in registration form below to the school office by **December 14th**. *If you would like to sign up your 4-8th grade student who is new, please contact Pedro via email at placruz2003@hotmail.com.*

About Contra Mestre Pedro “Cachorro” Cruz

Contra Mestre Pedro “Cachorro” Cruz hails from Salvador, Bahia, Brazil, where he was born and raised. It was also the birthplace of Capoeira. It was in this magic place where CMestre Pedro Cruz was exposed to Capoeira. In 2001, he moved to Portland, Oregon and immediately created the first American outpost of Grupo Raca when he began teaching in a class room at the NACA . Since then he has taught in many different places such as Body Moves in downtown Portland, Buckman Elementary School, Center Space as well as participating in many events throughout the city of Portland. He also the proud parent of two Irvington students—Ana Luiza and Isabella Cruz.

Student:

Please circle which class:

Name: _____ Grade: _____ Class: Thursday or Friday

Parent Name(s): _____

Home Phone: _____ Cell Phone: _____

Email: _____@_____

Who is authorized for pick up? _____

Are you applying for a scholarship? ___ Yes ___ No (forms available in front hallway near office)