

capoeira



Cordão de Ouro Capoeira Academy • Kids Class Fall Schedule

Why should my child do capoeira?

Capoeira is an Afro-Brazilian art form that combines music, dance, acrobats and martial-art techniques.

The flow of kicks, sweeps, cartwheels, handstands, and flips set to the powerful rhythm of Brazilian songs and percussion instruments creates a beautiful spectacle. Capoeira is an ideal martial art program for children because it relies on agility and spontaneous escapes, rather than aggressive strength and violence.

A unique art form, Capoeira encourages teamwork, self-confidence, self-expression and exposure to a new cultural experience. No previous martial art or acrobatic experience needed.

Physical & Health Education

- Complete body training
- Cardio-vascular fitness
- Improves motor coordination and flexibility
- improves both upper & lower body strength
- Natural emphasis on bilateral brain stimulation and crossing the mid-line
- Fosters body-mind-spirit integration
- combines self-discipline and a spirit of play

Social and Emotional Health

- Increases self-esteem
- Builds character and self-confidence
- Increases attention
- Establishes goal setting skills
- Enhances teamwork skills
- Fosters interest in co-operation over competition
- Develops non-verbal communication skills
- Multi-sensory approach celebrates multiple intelligences

Creative/Cultural Development

- Introduction to Portuguese language and Brazilian culture
- Exposure to different cultural traditions
- Introduction to a variety of musical instruments and rhythms from Brazil
- Emphasizes creative expression by learning traditional and contemporary dances (movements) and songs from the Brazilian culture

Cordao de Ouro Capoeira Academy

32 E springfield Ave Unit 4
Champaign IL 61821
(217)721-0887

www.cdoillinois.com

cordaodeouro@gmail.com

Kids Class ages 6yrs up

Tues-Thurs- 6pm-7pm

4yr-5yr old Kids class

Thursday 5:30-6:00pm - Saturday 11:30-12pm

Registration is require classes begin September 3rd- Please email us or call if you would like to enroll your child. Class fee of \$35.00per month for 1x wk class 2x wk \$50per month

Fees:\$50.00 per month for 2 classes a week- 6yr up class

Come and Try 1 week of class for FREE