

CAPOEIRA ANGOLA FOR REFUGEES



Capoeira is a Brazilian martial art originating in Angola, that combines elements of dance, acrobatics and music, and is usually referred to as a game. Yet, behind this dance, there is a game and a fight, that strengthens the body and sharpens the mind, that gives self-confidence and balance. It was developed in Brazil mainly by West African descendants with native Brazilian influences, probably beginning in the 16th century. It is known for quick and complex moves, using mainly power, speed, and leverage for a wide variety of kicks, spins, and highly mobile techniques.

Start: Thursday 2.06.2016

Date: Thursday 10:00 - 11:30

**Location: Kinder- und Jugendhaus EMMERS
OUTLAW gGmbH
Bürgerstraße 68
01127 Dresden**