

KNOW

About the Artist



As one of the most popular and widely reputed martial arts academies in Vancouver, Axé Capoeira would like to offer you the opportunity to introduce your students to a unique and interdisciplinary art form that has inspired thousands of children, youth, and adults since taking root in the city in 1990. With its emphasis on active health, the arts, social inclusion, and cultural appreciation we believe that capoeira fills a much-needed niche in the education of today's students; particularly in light of observed rising obesity rates among Canadian youth and the far-reaching benefits of inclusive anti-bullying social and cultural experiences. As an Afro-Brazilian art form, capoeira will teach students an appreciation for multiculturalism through music played on traditional Afro-Brazilian instruments, songs sung in Portuguese, and aspects of Brazilian dance.

About the Performance

FROM CAPTIVE TO CAPTIVATING: The story of Zumbi - Hero of the Hills. This narrative performance takes you through the trials and tribulations of the king of the Palmares, the largest quilombo (independent fugitive slave community). For more than 30 years, the community was led valiantly by Zumbi who fought for the freedom of the African people in Brazil. Zumbi was assassinated in 1695, but his dream of freedom still lived inside the hearts of many slaves, who had to wait until May 13, 1888 to enjoy their freedom. This show takes you through a cultural and historical time travel where the students actively participate through music, dance, martial arts and speech.

This show requires a P.A system.

About the Art Form

Capoeira (“kap-oo-ay-rah”) is an Afro-Brazilian martial art form that combines music, self-defence, dance, acrobatics, and physical conditioning to create a unique, multidisciplinary experience. The art form was created over 400 years ago in Brazil, developed by African slaves as a form of recreation and self-defence against the Portuguese colonizers. In order to conceal what they were doing. The slaves disguised their martial art as a benign art form, adding in elements of dance, music, and later, acrobatics. As a result, capoeira is one of the most inherently diverse martial arts in the world today with creativity, music, self-expression, and strategic thinking as much a part of the core curriculum as physical training and fitness.

Themes: Unity & teamwork are the themes that resonate and are weaved throughout the performance

Message: Collaboration and communication are fundamental keys to success

Demo: [INSERT VIDEO LINK](#)

For more information visit: AxeVancouver.com

WONDER

Links to Curriculum

- Visual & Performing Arts: Understanding of historical events via theatrical performance and performance arts
- Health and Career Education: Capoeira encompasses singing, percussion, martial arts and dance

Pre-Performance Discussion Questions

- Have you ever been in a group that you didn't agree with another member
- Have you ever inspired someone or been inspired to achieve what seemed very difficult



Post-Performance Activities

- List the different ways you know how to express yourself. For example, drawing, dancing, playing sports, writing etc. Write down how they make you feel when you express through them.
- Discuss the negative effects of not expressing the way you feel inside.

Post-Performance Discussion Questions

- When have you had to work together in a group to accomplish something for the greater good
- What were the obstacle you had to overcome (i.e conflicts, lack of faith)?
- How did you overcome these obstacles?

Learn more about this artist online at artstarts.com/aotd