



# Chamada

The Abada-New York Connection

Edition 2, July 2009

New York City, NY

Oi pessoal,

With our second edition of *Chamada*, we find ourselves in the full swing of summer with anticipation of exciting new events that lie ahead. Summertime brings us capoeira in the park, travel opportunities for training, and our first (and hopefully annual) *Festival de Verão* fundraiser dinner. We are also hoping to gain new members, so be on the look out for newcomer promotions, current member incentives, and be sure to bring your friends to the Sunday classes in Central Park and to *Festival de Verão*!

Muito axe,  
Caipirinha & Sonata

Please e-mail any submissions/feedback to:  
brooklyn2brazil@gmail.com and/or kathy.s.ha@gmail.com

## Upcoming Events

### Summer Training in Aruba

Thursday, July 23—Saturday, July 25

### Open Roda, Arte Capoeira Center

Saturday, August 1st, 4:30pm

### Festival de Verão, Harlem, New York City

Saturday, August 1st, 8:00pm

## Other Abada International Events:

### Capoeiragem no Mato, Bahia, Brazil

August 21—August 23, 2009

### Jogos Mundiais, Rio de Janeiro, Brazil

August 24—August 30, 2009



Left: Mestranda Edna, Mestre Camisa, Mestre João Grande, Grão, Mestre Camisa Roxa & Mestranda Marcia at Instructor Mucuiu's batizado



Right: Mestre Camisa & Mestre João Grande kicking off the Angola roda

## Festival de Verão

Bring your cooking talents and your friends to our very first *Festival de Verão* in Harlem! *Festival de Verão* (Summer Festival) will be a buffet-style dinner party featuring home-cooked dishes from the countries and ethnic backgrounds of capoeiristas of our very own group. Our goal is to raise \$5,000 for our upcoming batizado in February 2010. **Admission including food and beverages: \$20/person.**

Everyone is expected to bring a minimum of 2 guests each, but please feel free to bring more! Each of us will receive two tickets upfront for the cost of \$40. This money will be used to prepare for the party and will be reimbursed to you as your friends purchase your tickets. All additional guests can pay at the door. The following people have committed to bringing a dish:

- Mestranda - Surpresa brasileira!
- Arame - Caribbean fungi and pepper pot
- Aerobica - Japanese-style ginger chicken wings
- Estilo - Southern-style mac and cheese
- Tachinha - Vegetarian quiche and blueberry pie
- Coco - Barbecued ribs
- Sonata - Korean BBQ
- Caipirinha - Lasagna & salad
- Maria - Bulgarian soup and French dessert



**FESTIVAL DE VERÃO**  
**HARLEM KNOWS HOW TO PARTY!**  
 ENJOY SABOR & LIBATIONS FROM AROUND THE WORLD FROM THE FABULOUS GARDEN UP TO THE SCENIC ROOFTOP OF A HISTORIC BROWNSTONE.  
**COME CELEBRATE ABADA CAPOEIRA NEW YORK!**  
 THE STUDENTS OF EDNA LIMA ARE FUND-RAISING FOR THEIR ANNUAL BATIZADO IN HIGH STYLE ON A BUDGET.  
**\$20 FOR DINNER, DESSERT & DRINKS ALL NIGHT. LIMITED ACCESS • RSVP.MUNDO@GMAIL.COM**  
 **SATURDAY, AUGUST 1**  
 78 W. 120TH STREET, BETWEEN LENOX AND 5TH AVE.  
 TAKE 2/3 TO 116TH STREET AND WALK UPTOWN ON LENOX TO 120TH  
**GLOBAL CUISINE • DRINKS ALL NIGHT**  
**RODA DE CAPOEIRA • HOT BRAZILIAN PLAYLIST**

## Letras

### Instrutor Pretinho

*Eu caio na capoeira*

*Mas posso me levantar*

*Tem gente que não entende*

*Que a pior das rasteiras é aquela que a vida dá*

Perdê pai, perdê a mae

Não va se desesperar

Dê valor enquanto está vivo

Porque depois que morre não adianta mais chorar

Se perder sua familia

Foi por falta de pensar

Lembrê se a rasteira é boa

E que anima a gente da vontade de jogar

Eu cai na capoeira

E digo para você

Que a vida não é só vitória

Você tem que preparar pra um dia você perder

## Sunday Classes in the Summer

Sunday classes in the summer will be held outdoors at the Central Park bandshell (closest to 72nd St. entrance) from July—September from 12pm—1:30pm. Bring your capoeira workout gear and a friend! All classes in Central Park on Sundays are free and open to newcomers. Class schedule is subject to change on Sundays; please check e-mails and updates from Mestranda regarding alternative Sunday excursions. Central Park classes are currently scheduled for:

July 26th, August 9th & August 23rd



## Upcoming Payment Deadlines:

Next payment deadline

(including 1-year renewal): August 25, 2009

New members *only*: \$50 for 2-week trial  
\$200/month or \$450/3 months

Paypal link:

<http://www.abadacapoeira.com/acny>

## Vocabulário de Capoeira

Balançar: To swing, to sway.

Baraúna: A type of large tree.

Faca: Knife.

Moleque: Boy, kid, street urchin. The word comes from an African language and means “boy,” but in Brazil it came to have the pejorative connotation of a street kid who steals things, makes trouble, and throws stones at the houses of respectable residents. It also came to refer to an adult with the same qualities.

Vadiar : To hang around, to chill out, to do nothing. In the old days, it was used as a synonym for capoeira.

## Jogos Europeus by Graduado Tundaka

The Jogos Europeus 2009 was an amazing experience. I was looking forward to training with Mestre Camisa, Mestrando Charm, and Mestrando Canguru. I was also extremely motivated to train well. Mestre Camisa's workshops were great. He takes a technique and applies it in many different situations. The most remarkable part of Mestre Camisa's workshops was his lecture. The discussion was about the characteristics of ABADA Capoeira and what separates ABADA from other martial arts, as well as other capoeira groups. We learned that there are certain techniques that are trademarks of ABADA. After 30 minutes, we trained those techniques for the next 2 sessions. I did not get a chance to train with Mestrando Charm, but Mestrando Canguru's workshops were just as good. Mestrando Canguru worked us almost non-stop. We did every kick across the gym, every esquivá; every basic movement was done in various combinations. Traveling to international events gives a capoeirista an opportunity to test his/her skills. I played with a professor from Spain, Professor Estacio, Graduado Diguinho (Best Green Cord JE 2009), Graduado Pato, Graduado Gata and other good capoeiristas.

For the past few years, the Jogos Europeus were held in Brussels, Belgium. I reveled at the chance to go to Austria. Salzburg is beautiful. I got off the plane and saw mountains surrounding me. There was a huge castle that sat on a mountain above the city. We listened to Marracao play guitar and sing in the lobby of the hostel almost every night. We walked along the river of Wolfgang Amadeus Mozart's city to observe Austrian nightlife. Sharing the experience among friends made everything better. After the games, we would talk about what we learned in the workshops. Sometimes we talked for one or two hours after the games. During the lunch break, some capoeiristas would play pagode or samba. We had the rare chance to go sight-seeing. Simba, Ana, Basquete from Israel, Coco, and I toured the castle on the last day. We became reacquainted with old friends and made new ones. We also had a chance to talk to Professor Sabia. He walked over to the table where Simba, Coco and I were sitting. He started talking to us. He told Coco that he improved, asked about Aerobica, and said that he wants to come to our batizado in February. Meio Quilo and Cachorrao joined us when they saw Sabia talking to us.

This trip made me reflect on the benefits of traveling for capoeira. Of course, self-training is necessary for improvement. Learning how to do a technique with precision and applying that technique should be a common goal. The process of developing our capoeira skills is not solely an individual achievement. We improve as a group whether or not we realize it. We sacrifice time and money to train capoeira. Along the way, we become better people because we constantly face challenges that make us acknowledge and modify our strengths and weaknesses. We should have regular conversations, as a group, about developing personally and as capoeiristas.