

Mestra Márcia Cigarra
Andy Mogg Photo



ABADÁ-CAPOEIRA SAN FRANCISCO

ABADÁ-Capoeira San Francisco's mission is to preserve, develop, and share the Brazilian martial art of capoeira with integrity, and to use capoeira and culture as a catalyst for connecting people and for building healthy, just, vibrant, and socially responsible communities.

ACSF has served as community resource since 1991, providing arts education programs, dynamic cultural festivals and performances, and daily classes in martial arts, dance, and music, providing a diverse population of more than 15,000 people a variety of opportunities to participate, learn, and grow. By exploring creative ways of sharing the dynamic aspects of capoeira and related arts, ACSF remains a pioneering force in the preservation and development of Brazilian arts.

Bringing dynamic
cultural arts to the
streets and
schools of the
Bay Area for over
twenty years!



Rates

Prices vary based on location, service, and duration and frequency. **For rates and bookings please contact us at info@abada.org or 415-206-0650.**

Ask about our "Target Area Discount"

Public schools, as well as sites within one square mile of ACSF's Capoeira Arts Center are eligible for a 10% discount.



abadá-capoeira san francisco
CAPOEIRA ARTS CENTER

3221 22nd Street, San Francisco, CA 94110
email: info@abada.org, tel: 415-206-0650
www.abada.org

ABADÁ-CAPOEIRA
SAN FRANCISCO

YOUTH Cultural Arts EDUCATION

Márcia Treidler, Mestra Cigarra
Artistic Director



PROGRAMS

ACSF programs offer a unique, multi-faceted learning experience. Youth are exposed to culture and tradition, musical instruments and songs in Portuguese, acrobatic and dynamic movement techniques, self-defense concepts, as well as tangible examples illustrating the importance of community.



Residencies - Workshops - Performances

RESIDENCY CLASSES

Residencies provide a unique opportunity to transform the classroom into a space for cultural and artistic exploration. Residencies offer students an active, hands-on and in-depth cultural arts experience, and give educators an opportunity to incorporate arts into their curricula.

Residencies provide physical, artistic and social skill building through consecutive learning experiences. Working independently, in partners, and as a group, students learn basic capoeira movements, practical application of these movements, and how to “play” capoeira using the movements in improvisational “games” with each other. Youth are introduced to simple songs in Portuguese, capoeira rhythms and instruments, and stories about the history of the art. Teaching artists can link the content of a residency to something the classroom teachers or school are working on in their curriculum. Residencies can be offered during, or after school, and can include the development of a youth performance. Residencies are six to sixteen sessions, and are typically 30 minutes to 1 hour, depending on the age group.

WORKSHOPS

Workshops provide concentrated, hands-on experiences, and offer youth the opportunity to connect with a highly skilled artist. Workshops are designed to give students a “taste” of the art—providing opportunity to explore, learn and inspire future interest. Participants explore basic movements, learn a song in Portuguese, are introduced to the instruments, and hear stories about capoeira’s history. Workshops can be concentrated on one aspect of the art, such as the music or acrobatic movements. A workshop is different from a residency, in that it occurs only one to three times, can be up to 90 minutes depending on the age group, and youth from multiple grades can be grouped together. Workshops can occur before or after an assembly performance, allowing students to connect with the performing artists.

ASSEMBLY PERFORMANCE

Awe-inspiring performances expose youth to high-level artists performing capoeira and the folkloric stick dance, Maculelê. Through demonstration and lecture and participation, audiences learn the history of these cultural art forms, experience the music, and see the physical skills and techniques involved in their mastery. Performances can be 10 – 45 minutes in length. ACSF can offer one, or as many as three consecutive performances per site.

