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**Fort Worth Capoeira** would like to join your program and offer your students a glimpse at this beautiful and fun art!

**CAPOEIRA.** Capo-What?? It's a **Brazilian** art that combines martial arts and dance, acrobatics and strength, movement and music! Fitness and culture, language and music, rhythm and strength are all brought together in this fun and dynamic art that teaches students to value community and respect while building physical strength and self-confidence. Students of capoeira learn to listen, follow instructions, and work together respectfully while being physically active in a culturally diverse setting. In particular this means:

**Social Outcomes:**

- Listening and following instructions
- Respect for themselves and for each other
- Community values

**Educational Outcomes:**

- Basic Portuguese vocabulary through the instruction and the music
- Basic percussion rhythms on artisanal Afro-Bahian instruments
- Traditional capoeira songs in Portuguese

**Physical Outcomes:**

- Explosive but controlled movement while working on rhythm and balance
- Flexibility, strength and speed to gain physical confidence

**Students who seek the following often thrive in capoeira:**

- Martial arts
- Dance
- Gymnastics

- Percussion
- Singing

- Creative movement
- Cultural awareness
- Self-expression