



07/17/2010

Capoeira is a Brazilian cultural manifestation born during European colonization. Africans brought to Brazil as slaves practiced Capoeira as a way to defend themselves from their oppressors over 400 years ago. Capoeira is a vigorous art form with roots in the ceremonial dances of the Bantu people. Its elements of ritualized combat weave together an intricate dialogue of movements created from aspects of dance, acrobatics, music, art, philosophy and self-defense. Capoeira transcends the barriers of age, gender and ethnic background and creates a strong sense of community. It develops discipline and self-confidence, and helps open one's mind to another culture giving a deeper worldwide perspective.

Grupo Axé Capoeira

The grupo was created in 1982 in Casa Amarela, a neighborhood in Recife, Brazil, where Mestre Marcos Barrão started teaching a small group of street kids. In 1990, Axé Capoeira traveled to Canada and the USA to represent Brazil in the International Children's Festival. Today, Axé Capoeira exists in 20 countries with over 15,000 member students.

Axé Capoeira Arizona

Axé Capoeira came to Arizona in 2000, when founder Jay "Camara" Spain moved back to the United States after 15 years of training with Mestre Barrão in Vancouver Canada. Jay "Camara" was Mestre Barrão's first student in North America and is a highly valued instructor in Grupo Axé Capoeira.

In 2003, Axé Capoeira Arizona opened the first Capoeira Academy and Dance Cultural Center in the Valley. Classes are offered to kids, teens and adults. Axé Capoeira also offers classes at Arizona State University, Paradise Valley Community College, and Mesa Community College.



Mestre Barrão



Professor Jay 'Camara'

Axe Capoeira Arizona is bringing the culture of Brazil to Tucson through the Afro-Brazilian art-form called Capoeira. Capoeira is a martial-art that encompasses acrobatics, self-defense, music, song and many folkloric dance forms into one exciting body of movement. Learning within a Capoeira academy cultivates a challenging environment for individuals of all ages and backgrounds to grow mentally, physically, and emotionally while applying concepts learned in the academy setting to real life experiences.

Axe Capoeira has worked to service a diverse community; bringing hope and providing an outlet and personal fitness choice for at-risk children and teens as well as college students and adults.

Testimonials

"Thank you so much for performing at our MLK celebration. Your participation added immeasurably to the quality and excitement of our events."

Andrea Beaulieu, Exec. Director,
Community Celebrating Diversity

"Your performance was informative and entertaining...your unique, artistic dance form complimented our celebration of the youth refugee's struggle."

Callistrus O. Mbanjo, President of the
Arizona Africa Society