Capoeira
Brazilian Martial Art/Dance Form
Palomar College

Look For **Elias Fonseca**
During both Spring and Fall Semesters

Day: Wednesdays  
Time: 4:30-6:20  
Room: D-6  
Class: Dance 153

1 unit  
For more information contact  
Associate Professor Patriceann Mead at ext. 2969.

What is Capoeira?
Capoeira is an Afro-Brazilian Martial art and dance that was developed among Black slaves in Brazil. Capoeira weaves intricate movements, spirituality, mental and physical discipline, fight, play, strategy, and philosophy into a rhythmic game of real or spiritual combat. All under the musical embellishment of the “berimbau” (the single stringed bow), supported by an “atabaque” (conga drum), “pandeiro” (tambourine) and “agago” (double bells).