

Capoeira - Brazilian Martial Arts for Kids & Families!

Presenters:

Lazaro Santos, Head Instructor

Jessica Wernett, Kids Instructor

Capoeira is a martial art that is a combination of fitness, self-defense, music, acrobatics, language, history, community, and life skills.

Audience:

The class will be geared towards elementary-aged children but parents and older siblings are encouraged to participate as they will learn and have fun too.

We have flexibility but we are thinking to start with a 6 week class once a week for 1 hour.

CBP was founded by Capoeira Master, Lazaro Santos in 1995. He has devoted over 40 years of his life to Capoeira and using it as a vehicle for maximizing human potential. For over 25 years CBP has been an active part of the Central Florida community performing Capoeira for organizations such as Give Kids The World, Orange County Public Schools, Disney, Darden, Universal, City of Orlando, and many more! We are a full-service academy and have daily Capoeira classes for children, teens, and adults, summer camp, after school program, special workshops, birthday parties, virtual online classes, and more!

Session Description:

Capoeira classes combine martial art and self-defense techniques with fitness, acrobatics, music, dance, percussive instruments, language, culture, important life skills, and fun games! We offer a super fun positive and engaging program and the great opportunity to try something new!

Describe any unusual room arrangement requirements:

Open floor space is best.