Capoeira Senzala eV

concept
Capoeira lessons in kindergarten and primary school

**INTERNATIONAL BILINGUAL SCHOOL MUNICH gGMBH**

**INTERNATIONAL KIDS CAMPUS GMBH**

## 1. Preamble

Capoeira is an Afro-Brazilian martial art that combines elements of movement, music, and play. Due to its playful and holistic approach, it is particularly well-suited for use in early childhood education.

The lessons are designed to be age-appropriate and are specifically geared towards the needs and abilities of children of kindergarten age.

## 2. Educational concept

Capoeira lessons follow a holistic educational approach and support the development of children in several areas simultaneously.

Coordination, balance, and body awareness are educated. At the same time, the lessons contribute to improving concentration and reaction.

Furthermore, social and emotional development plays a central role. The children learn to interact within a group, follow rules, and treat each other respectfully. The playful structure of the lessons also strengthens their self-confidence.

Capoeira is not taught as a combat sport in the classical sense, but as a cooperative and creative form of movement.

## 3. Methodology

The teaching is based on the methodology of Grupo Senzala, one of the oldest, best-known and most influential Capoeira schools worldwide, which was founded in Rio de Janeiro in the 1960s.

A key element of this methodology is the combination of movement, music, and interaction. The content is built up gradually and continuously adapted to the age and developmental stage of the children.

The focus is on a playful learning approach in which children are actively encouraged to participate and gain their own experiences.

## 4. Lesson content

A typical lesson unit comprises several coordinated phases.

The children are warmed up and activated through movement games at the beginning. Afterwards, basic Capoeira movements, such as the “Ginga”, are introduced and practiced.

Another important component is working with rhythm and music, where children develop a sense of timing and coordination through clapping, simple songs and group games.

At the end of the session, a so-called "Roda" usually takes place, a group circle in which the children playfully apply the content they have learned.

Furthermore, the children have the opportunity to participate in other events organized by the association throughout the year, such as workshops, presentations, or cultural events. Information about these can also be found on the events page of our website.

## 5. Graduation system

The lessons include a child-friendly grading system that provides structured support for the children's development.

During their participation, the children receive colored cords ("Corda") that make their progress visible. This system provides clear guidance and allows the children to recognize their own progress.

At the same time, it is motivating and boosts self-confidence, as successes are made visible. The teaching always takes place without performance pressure and is geared towards the individual learning pace.

## 6. Qualification – Mestre Gaúcho

The lessons are taught by Mestre Gaúcho, who has many years of experience teaching children and adults.

In addition to his practical experience, he brings in-depth knowledge of the pedagogical teaching of Capoeira and has already worked with various age groups both in Germany and abroad. He currently teaches children ages 2 to 16 on a regular basis at 10 different educational institutions in Munich.

His teaching is characterized by a clear structure, a high level of safety, and a motivating and child-friendly approach.

A current Police Clearance Certificate can be submitted at any time.

## 7. Course structure and course times

Classes last 60 minutes and are therefore perfectly tailored to the attention spans of children in kindergarten and elementary school.

Each group consists of approximately 5–15 children to ensure individualized attention.

The course takes place on Thursdays from 4:45 to 5:45 p.m.

## 8. Pricing

The cost of the training (60 minutes) is 140 € per half-year. If the training starts later due to the school's relocation, this will be taken into account in the price.

Parents enter into a direct contract with the club. The minimum contract term is 6 months. Membership fees are collected semiannually in advance via direct debit.

The capoeira uniform (T-shirt, pants, and cord) is mandatory for every participating child. It is provided at the start of the program and costs 60 €.

## 9. Organization

Classes can be held flexibly on your institution's premises, for example in the movement room or the gym. All necessary materials and equipment are provided by the provider. The schedule is arranged in consultation with the institution.

There are no classes during the Bavarian school breaks.

## 10. Trial lesson

We offer two non-binding trial lessons.

## 11. Contact

**Capoeira Senzala eV** | Gabelsbergerstr. 61 |80333 Munich

capoeira.senzala.ev@gmail.com | Website of Capoeira Senzala eV

Chairman: Luis Fernando Ribeiro Saldanha (Mestre Gaúcho)
Vice Chair: Caroline Oßwald
Treasurer: Verena von Conta

Association Register Number: VR NR 210823