

ABADÁ-Capoeira San Francisco

CAPOEIRA ARTS CENTER

SUMMER
NEWSLETTER

June 2021

2021, Where Are We A Year Later?

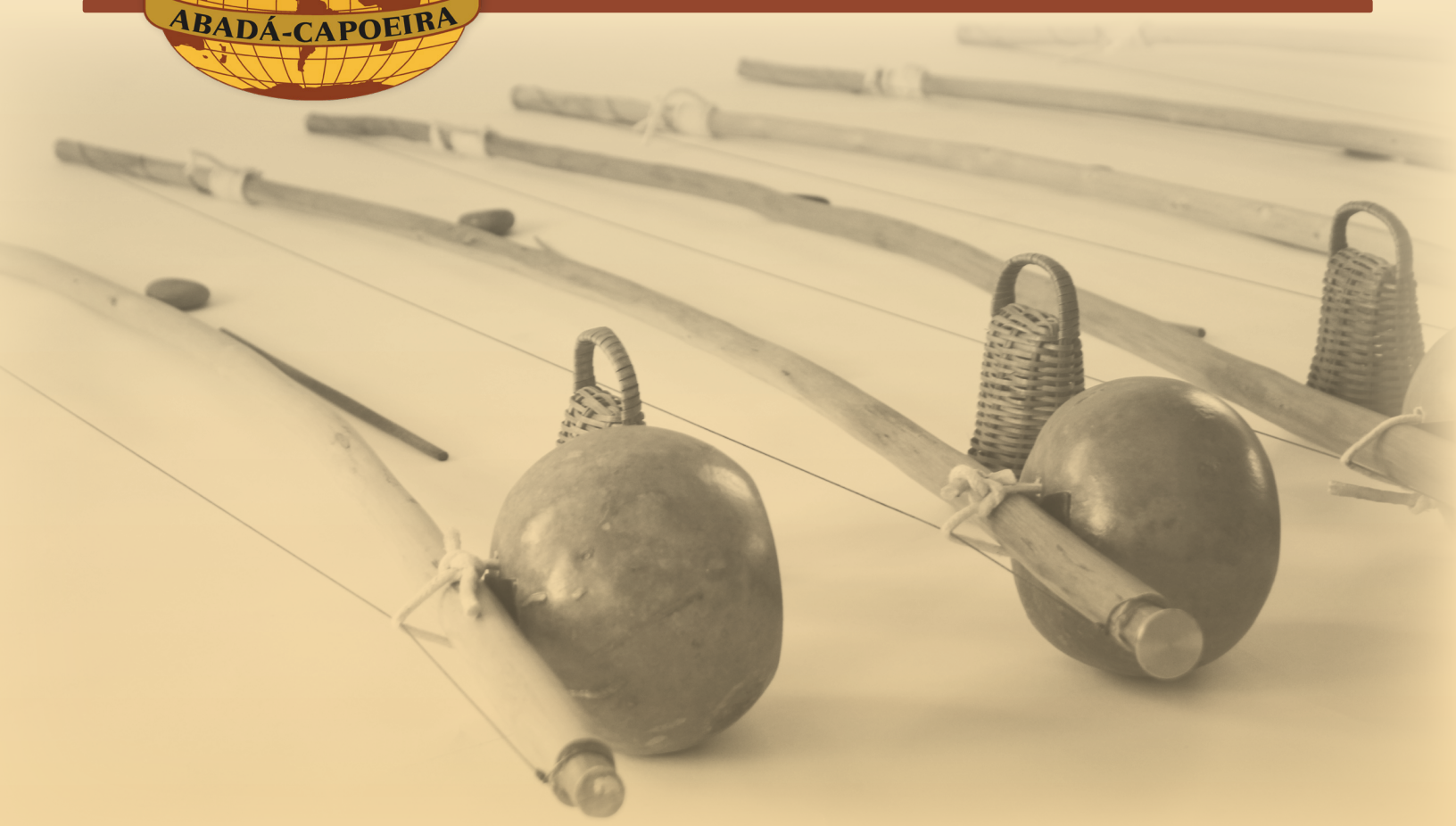
It has been the year of the chameleon.

ACSF's artistic and administrative staff have adapted, shape-shifted, and reinvented in order to keep our community safe, inspired, and engaged.

Amidst the difficulties, positive change has emerged, much of which we never could have imagined pre-pandemic. We never dreamed of having virtual Capoeira classes or events, and now, we can't imagine them ever not being an option! There is no replacement for in-person Capoeira--the energy created when a group of people sing, clap hands, and train alongside one another is not possible when we aren't physically together.

But, having the opportunity to see each other's faces, still play "games of Capoeira" and sing and move our bodies the way we know and love has been a tremendous support during a difficult time. And, new connections have been built between our students and the worldwide community, including with Mestre Camisa! The events you'd typically need to travel to Brazil to attend now are brought to you in your own home! Amazing. We will get back to in-person "rodas" and full classes, likely this year if all goes well. But the on-line classes, performances, and worldwide events are here to stay!

-Jennifer Walsh, ACSF Executive Director



Kids practicing the Capoeira rhythm on the Atabaque.

CURRENT COVID PROTOCOLS

All of ACSF's staff have been fully vaccinated. As local and federal COVID protocols shift and restrictions are reduced we will continually assess what makes sense for our community to stay safe.

UNTIL FURTHER NOTICE...

PRE-ENROLLMENT IS REQUIRED FOR EVERY CLASS.

IMPORTANT - If you register for in-person class and are unable to attend please contact us ASAP via email, or text, so we can open the slot for another student on the waiting list!

- Doors remain locked at all times and only participating students will be permitted in the building.
- To enter the building students need to dial 02 at the call box to the left of the front door to be granted access.
- Upon entry students must complete a COVID questionnaire and have their temperature taken.
- Class sizes are capped at 15 people to ensure physical distancing or 6 or more feet. We will be increasing the capacity as more students get fully vaccinated.
- The studio area has marked individual training zones to help enforce physical distancing.

VACCINATION CARDS

If you have been fully vaccinated, please send us a photo of your vaccination card via email to: info@abada.org. We will attach it to your student profile in MindBody (our student database) so you do not have to show proof of vaccination each time you enter the building. This is not mandatory, however it will make things smoother as we continue to enforce mask wearing for unvaccinated participants.

Thank you for your support and understanding as we continue to adapt!

For a full explanation of our COVID-19 Safety Protocols, click [HERE](#)

UNIDOS EN SALUD provides COVID-19 vaccines to the Latinx community living or working in the Southeast sector of San Francisco (Mission, Excelsior, Bayview, Hunters Points, Visitacion Valley, the Tenderloin and South of Market).

Children 12-15 years old can now make vaccine appointments.

Mission District: 24th St & Capp St
Hours: Sunday - Wednesday, 9 am - 4 pm

18th St & Shotwell St | 3271 18th Street
Hours: Thursday - Friday, 11 am - 6 pm

For questions, please call 844-965-0987



Vaccinated and ready to go! ACSF went all the way to Palo Alto School district on April 23 via ZOOM, serving 200 students through our partnership with the Young Audiences of North California.



Summer Camp kids bending into bridges.

ACSF Summer Camp Is Nearly Here!

Kids are gearing up for summer fun with ACSF Summer Camp starting June 7, but space is limited with our IN-PERSON sessions nearly full. If you are interested in registering your child, July is still currently open for enrollment while waiting lists are available for June and August sessions.

Don't forget that ONLINE camps offer the same quality programming from the safe distance of your home, and will include both "on" and "offline" activities, so kids don't get too much screen time. Each online session is one week and has unlimited space. RAY scholarships are available!

SUMMER CAMP 2021!

For more information please visit abada.org/summer-camp
For camp schedule information and guidelines click [HERE](#)

SUMMER SCHEDULE CHANGES

MAY 27- AUGUST 23
Kid's weekly classes on Summer break

JUNE - AUGUST
Tuesday, Thursday, Saturday
Hybrid Adult / Teen Classes Only

JUNE - AUGUST
Wednesdays
Free Beginning Capoeira
Online Adult / Teen Capoeira



SPECIAL SKILLS LINE UP **SATURDAYS • 12:15-1PM**

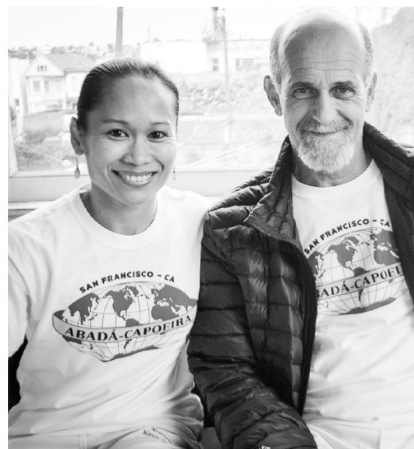
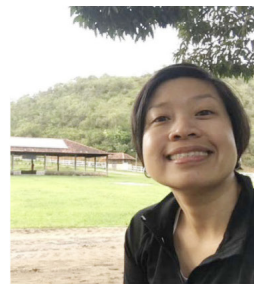
JUNE 5
On- line Mobility & Strength for Capoeira
with Instrutora Sereia

JUNE 12
Hybrid Capoeira Recovery Through Yoga
with Tana Sabatino

JUNE 19
Hybrid Maculelê - Afro Brazilian Dance
with Mestra Márcia Cigarra

JUNE 26
Hybrid Capoeira Music Class
with Mestra Márcia Cigarra

For a full schedule and to reserve
your spot in class, pre-register [HERE](#)



THE XII ENCONTRO FEMININO “PLURALIDADE”

HELD ONLINE FROM MAY 20-23, FOR NEARLY 12 HOURS EACH DAY, THIS AMAZING EVENT ATTRACTED MORE THAN 250 FEMALE-IDENTIFYING CAPOEIRA STUDENTS FROM AROUND THE WORLD!

The **ENCONTRO FEMININO** was created to build awareness of and support for women in Capoeira. This year’s activities included master classes with Mestre Camisa, Mestra Márcia Cigarra, Mestra Edna, Mestranda Juma, and Professoras Gigi, Yara, Moema. There were workshops in the folk dance Jongo; and discussions and lectures on relevant topics including mobility; self-esteem; injury prevention; the female body; women’s rights, and more.

Highlights included Mestre Camisa’s berimbau instrument class where he introduced the new rhythms he’s recently created; and a panel discussion focused on LGBTQIA+ communities.

Mestra Márcia was one of the panelist and was acknowledged for her courage to be one of the first openly gay women in the community, forging the path for others to find a place in the ABADÁ family.

Notably, there was a “noite cultural” complete with a tribute video honoring the women pioneers in ABADÁ. Amongst those recognized were Mestra Márcia, as the first female student of Mestre Camisa to achieve the “Mestra” title, and Instrutora Sereia for being the first female and first non-Brazilian to receive a purple cord “Instrutora” level, the first female non-Brazilian to receive a purple/brown level, and for her numerous titles won in Jogos Mundiais competitions.

Congratulations to all Mestra Márcia’s students who participated!

Instrutoras: Sereia, Estrela Vesper, Sucuri, Ciranda.
Graduadas: Toninho, Baiana, Azeitona.
Alunas: Samambaia, Amazona, and Isobel.

FREE BEGINNERS CAPOEIRA



New to Capoeira?

This class is the perfect place to start for beginners, and for all students looking to review and hone in the basics.

Join Us!

WEDNESDAYS 6-7PM | PRE-REGISTRATION REQUIRED

RAY TEENS PROGRAM (AGE 13-19) FREE FOR ALL CLASSES



Diga Olá!

TAMARA MCDONALD joins us this summer as ACSF's new Operations Coordinator and Virtual Assistant. Although she

lives in the sunny desert of Tucson, AZ, she is very active in the day to day details of assisting Márcia with scheduling and organizing classes, engaging with students and parents, as well as assisting with ACSF events. With a long career history in the cultural arts and concert and event management, her passion and experience in photography, dance, and graphic design makes her a well-rounded addition to the ACSF team. She's very excited to help in any way she can and is grateful for the long-distance opportunity. Perhaps we will see her sea side some day soon. Much appreciation and gratitude goes out to **Erica Hemenway (Toninho)** who has diligently established this position by holding the fort with detailed perfection. Now, with COVID-19 cases on the decline, Erica is excited to get back to her full-time position as a Physical Therapist Assistant while continuing to perform and train with ACSF.

ATÉ LOGO INSTRUTOR CORRENTE!

Last month Antonio Contreras, aka Instrutor Corrente, made the decision to move on from ACSF to pursue his work in the fashion film industry with full vigor. Over the past twenty years Antonio has contributed to the ACSF community on numerous fronts and we wish Antonio Contreras only the best on his journeys forward.

Save the Date!

JOGOS MUNDIAIS



on line! AUGUST 17 - 22, 2021