

ABADÁ-Capoeira San Francisco CAPOEIRA ARTS CENTER

FALL
NEWSLETTER

October 2021

Celebrating 30/40 Years!

NOVEMBER MARKS OUR 30TH YEAR OF EXISTENCE
AND FOUNDER AND ARTISTIC DIRECTOR "MESTRA CIGARRA'S"
40TH YEAR IN CAPOEIRA, AND WOW! WHAT A JOURNEY IT'S BEEN!

For 30 years, ACSF has been committed to artistic excellence, and to providing accessible, inclusive, culturally authentic programs and apprenticeships led by highly-skilled artists. From grassroots beginnings, programs have grown to include arts education; cultural festivals, ceremonies, and performances; artist exchange and mentorship opportunities; and classes in Capoeira, dance, and music— serving thousands of youth and adults each year.

Our work is rooted in efforts to protect the integrity of Capoeira by illuminating historic significance while advancing cultural knowledge; mentor next-generation artists; improve access to arts and culture; and amplify gender equity in Capoeira internationally.

Many in our community, including those severely impacted by the pandemic, turn to ACSF for critical social connection, a safe space to learn, celebrate, express oneself, and heal in an inclusive and nurturing environment. We are proud to provide a trusted space where people of different ages, ethnicities, races, genders, sexual orientations, socioeconomic backgrounds, and life experiences come together - as equals- to experience cultural art.

We pledge to continue to find innovative ways to positively impact a growing number of communities. To do this we are working hard to improve ACSF's financial health and to cultivate leaders capable of carrying on ACSF's legacy.

This month, to kick off this milestone year, we have started our year-end fun campaign.

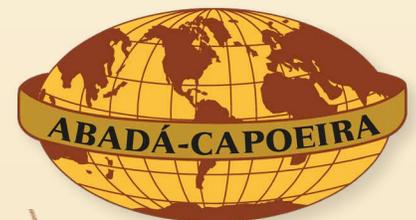
WE'RE LOOKING TO RAISE \$30,400 TO ESTABLISH AN ENDOWMENT FUND TO ENSURE ACSF IS HERE FOR FUTURE GENERATIONS TO ENJOY! AND EVERY DOLLAR DONATED UP TO \$3,040 PRIOR TO OCTOBER 24, MESTRA MARCIA'S BIRTHDAY, WILL BE MATCHED BY OUR BOARD OF DIRECTORS.

If we have learned one thing from this crazy time, it is that we need each other. We need to support each other in ways that are within our means and significant to us. So today I thank you for being a part of ACSF's legacy. And I thank you in advance for making a monetary contribution in support of our continued resilience.

With heartfelt gratitude,



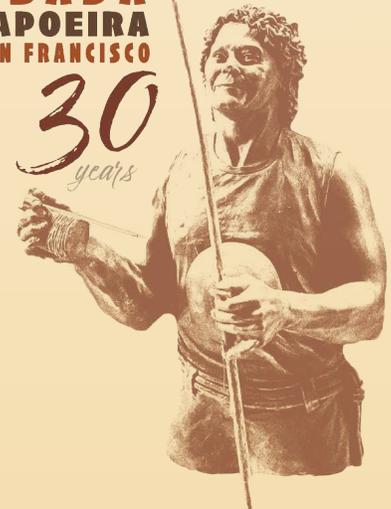
Jennifer Walsh
Executive Director



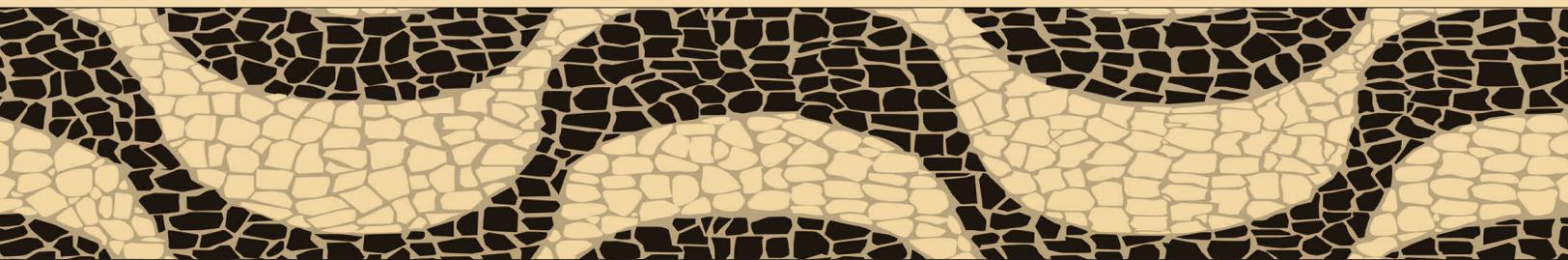
40 years
MESTRA
MÁRCIA
CIGARRA

ABADÁ
CAPOEIRA
SAN FRANCISCO

30 years



30/40 Logo inspired by the sculpture of Mestra Cigarra.
Artist Michael Barens, logo design Tamara McDonald



SPIRIT OF BRAZIL

SAT OCT 23
FORT MASON
PARADE GROUNDS
12PM-1PM

30/40 KICK OFF!
JOIN US IN CELEBRATING THE
START OF OUR MILESTONE YEAR!
30 YEARS OF ACSF AND MESTRA
CIGARRA'S 40 YEAR LEGACY!



LIBERDADE!

Spirit of Brazil provides a venue for Artistic Director Márcia Treidler to produce new work, collaborate with other artists, and creatively explore the artistic elements of Capoeira and Brazilian arts through large-scale productions.

Since 1999, ACSF has staged nine Spirit of Brazil concerts, each with a different theme, choreography, and featured artists.

Spirit of Brazil *Liberdade* presents the artistic elements of Capoeira through a fusion of contemporary and traditional music, dance, and martial arts from Brazil. Born out of a resistance to oppression and now internationally practiced, Capoeira's history reminds us of the power of resistance—a message relevant today.

Saturday, Oct 23, 12:00 - 1:00 PM
Fort Mason Parade Ground

TICKETS

- Advance Online Sales - \$25
- Multi Event Festival Passes Available
- Proof of Vaccination Required
- Family Seating Area - available to families with small children ineligible for vaccination

TO PURCHASE TICKETS

www.abada.org • www.sfiarf.org

**tickets can be sold up until time of show, but must be purchased online.*



MESTRA MÁRCIA CIGARRA

A 40 YEAR LEGACY!

INTERVIEW with MÁRCIA TREIDLER

DO YOU REMEMBER THE DAY YOU STARTED CAPOEIRA?

Yes, it was November 28, 1982. I began training with Mestre Camisa, a student of the legendary Mestre Bimba who is considered one of the two founding fathers of contemporary Capoeira.

CAN YOU TELL US SOMETHING ABOUT THAT TIME?

I first saw Capoeira when Mestre Camisa brought a group of his students to my high school for a performance. From that day it was my dream to start classes. It took me a year to convince my mom to let me start classes, due to society's prejudices against the art. At that time I was very athletic, taking dance, swimming, and gymnastics, all of which I enjoyed. But Capoeira caught my attention in a way that was different. I felt a magical connection and a deep desire to pursue it at all costs.

WHEN DID YOU KNOW CAPOEIRA WAS GOING TO BE A BIG PART OF YOUR LIFE?

I believe after the first year of training I was hooked. My love for and growth in Capoeira happened very organically. There were countless barriers I had to overcome-- societal pressures; being a female in a male dominated art; proving my worth. But witnessing my own growth, coupled with unending support from my Mestre was enough for me to believe in myself and my dream to pursue a career in Capoeira.

WHAT WAS IT LIKE TO BE A FEMALE STUDENT IN THE 1980's?

Throughout the 1980s there were only a handful of women training and none were taken seriously by male counterparts. I was determined to change the trajectory for women in the art. I earned respect through persistent hard work and support from my Mestre. By 1990, I had attained the highest level reached by any woman in ABADÁ-Capoeira, a status I maintain today.

WHAT WAS YOUR FIRST TEACHING EXPERIENCE?

In 1987, I started teaching street children in the favelas of Rio de Janeiro. At that same time, I also started teaching kids, teens, and adults in schools and gyms. My work experience with the street kids and in the favelas was some of the hardest and most important work I've done.

WHAT WAS YOUR LIFE AND CAREER LIKE BEFORE MOVING TO THE U.S.?

Prior to moving to the US, I had already centered my daily life around Capoeira. I was training, teaching, and performing with Mestre Camisa's performance company. I also was in college studying Physical Education, and worked teaching gymnastics for youth.



WHAT MOTIVATED YOUR MOVE TO THE U.S.?

In 1988, I visited the Bay Area as a guest artist at SF State University and witnessed a sincere public interest in Capoeira. I could see Capoeira was at the brink of major development, and I felt a responsibility to ensure the integrity of the art was maintained during its expansion outside of Brazil.



In 1991, at age 25 I moved to San Francisco. I was motivated by a strong desire to be free from Brazil's oppression culture towards me as a gay woman; to prove to myself and others I could be successful with Capoeira; and to explore the potential of Capoeira to positively impact American society.

WHAT WAS YOUR VISION FOR YOUR WORK IN THE 1990's WHEN YOU FIRST STARTED TEACHING IN SF?

I had a vision to improve people's life with Capoeira: an art rooted in values of inclusion, respect, diversity, community, and opposition to any form of discrimination.

Also, the style, technique and philosophy of ABADÁ-Capoeira was unique and different from the other schools of Capoeira in the US. I knew bringing ABADÁ to the Bay Area could enrich

the area's cultural and social standing.

HOW HAS YOUR VISION SHIFTED OR EVOLVED?

My vision is the same, only stronger. What has evolved is my appreciation for community: my students, friends, and the larger bay area. The support I have received helps me stay strong and true to my mission and inspires me to not give up when things get tough. No one gets anywhere alone, we are all stronger together.



WHAT ARE YOU MOST PROUD OF?

I am proud of all of my achievements including receiving the "Mestra" title given to me by the most respected living Mestre in history, Mestre Camisa. Those who know Capoeira can't deny his importance in the development and expansion of this art around the globe.

I am proud to have received a National Interest Waiver as an "Alien with Extraordinary Abilities," granting me permanent residence—something that would not have been possible without support from my students and recognition from several other Mestres in the field.

WHAT'S YOUR VISION FOR YOUR CAREER IN CAPOEIRA MOVING FORWARD?

My vision is to continue my work and to develop artists capable of continuing my legacy by sharing and developing Capoeira in their own unique way while maintaining the integrity of the art. I hope my work lives on long past my lifetime so generations to come can experience the magic that is Capoeira.



IMAGES FROM LEFT TO RIGHT, TOP TO BOTTOM

2005, Spirit of Brazil, Dance Mission Theater. Photo Andy Mogg | 1994, Performance, Santa Cruz | 1987, Rio de Janeiro | 2016, Class Roda, ACSF Capoeira Arts Center. Photo Thais
1998, Performance Group, ACSF Brazilian Arts Academy. Photo Branca Nitzsche | 1986, Mestre Camisa and Marcia at Cupa de Mundo performance in Guadalajara, Mexico
2005, Spirit of Brazil, Dance Mission Theater. Photo Andy Mogg | 1999, ACSF Brazilian Arts Academy. Photo Branca Nitzsche
2012, Mestre Camisa and Marcia at ACSF's 20th year Anniversary | 1998, Performance Group, ACSF Brazilian Arts Academy. Photo Branca Nitzsche

Classes & Programming



Fall Schedule

TEEN/ADULT CLASSES

MONDAY

Online All Levels Capoeira
11am-noon

In Person All Levels Capoeira
6pm-7:30pm

TUESDAY AND THURSDAY

Hybrid All Levels Capoeira
6pm-7:30pm

WEDNESDAY

Online All Levels Capoeira
7am-8am

Online All Levels Capoeira
11am-Noon

In-Person All Level Basic Capoeira
First Time Student Special
6pm-7:30pm

SATURDAY

Saturday Special
**see website for class details
10am-10:50*

Hybrid All Levels Capoeira
11am-12:30pm

SUNDAY

In Person All Levels
Community Capoeira
11:30am-1pm

YOUTH CLASSES

TUESDAY AND THURSDAY

*4pm - 4:45pm (ages 5-7)
5pm - 5:45pm (ages 8-12)*

SATURDAY

*1pm-1:45pm (ages 5-7)
2pm- 2:45pm (ages 8-12)*

ARTS EDUCATION

Since 1995, ACSF has brought its dynamic cultural arts programs into a variety of communities through off-site education programs. ACSF's performances, residency classes, and workshops serve thousands of youth each year. Our team of high-level instructors and performers offer a range of programs to meet your site's needs.

WHAT WE OFFER!

- ASSEMBLY PERFORMANCES
- RESIDENCY CLASSES
- WORKSHOPS

AVAILABLE TO ALL STUDENTS
PRE-K THROUGH COLLEGE!

To book a program at your site,
please contact Tamara McDonald
at info@abada.org.



PRE-REGISTER AT WWW.ABADA.ORG/SCHEDULE

Save the Date!

ACSF EVENTS

- Oct 23 Spirit of Brazil as part of the San Francisco International Arts Festival
Nov TBD Mestrando Mobilia visits ACSF to teach!
Dec 7-10 Workshops with Mestre Camisa via Zoom in conjunction with in-person support from Mestrando Mobilia
Dec 11 Youth & Adult Batizado Ceremony and Cultural Performance

ABADÁ NORTH AMERICA BATIZADOS

- Oct 2 ABADÁ Marin | www.abadamarin.org
Oct 8 -10 ABADÁ Orange County | www.abadaoc.com
Oct 16 ABADÁ New York | www.acbx.org; www.abadacapoeira.com, www.abadanyc.com
October 16 ABADÁ Chihuahua | www.facebook.com/ABADACAPOEIRACUU/
Oct 23-24 ABADÁ Washington DC | abadadc.org

GLOBAL MESTRE CAMISA EVENTS ZUMBIMBA ONLINE

- Oct 29-31 Cordas LARANJA and LARANJA/AZUL
Nov 5-7 Cordas AZUL and AZUL / VERDE
Nov 12-14 Cordas VERDE and VERDE / ROXA
Nov 19-21 Cordas ROXA and ROXA / MARROM
Nov 26-28 Cordas MARROM, MARROM/VERMELHA, VERMELHA, VERMELHA / BRANCA



Diga Olá!



NEW BOARD MEMBER

ANA MORAGA has been a longtime community member dating back to when she joined ACSF as a sophomore

in high school along with her brother, Chris. Ana shares that as a recent immigrant from Guatemala she found a sense of identity, community and belonging at ACSF that allowed her to flourish in and beyond the studio.

After college, Ana moved back to Guatemala and co-founded MuJER- Mujeres por la Justicia, Educación y el Reconocimiento (Women for Justice, Education and Awareness). There she developed spaces of personal and political empowerment with Central American women sex workers. Ana was recognized by the Obama Administration as a Champion of

Change for her contributions in the Americas. In Guatemala, she taught Capoeira to youth living in Guatemala's City's most neglected areas. Ana currently works as an immigration attorney representing children in removal proceedings and leading teams that provide direct services to resilient and powerful Central American youth who have crossed the US border on their own. Ana's involvement in the community includes being on the board of directors of Enterprise for Youth, an organization that empowers young people in SF through job training and paid-internship experiences. Ana introduced her wife, Jessica, to Capoeira and they both find rest and challenge in their practice of this Afro-Brazilian martial art. ACSF could not be more excited to have her join the board of directors.

IN RECOGNITION OF OUR 30/40 YEAR MILESTONES

Please Help Us Raise

\$3,040 by Oct 23 & \$30,400 by end of year!

Every dollar counts and will go towards establishing an endowment fund to support ACSF's long-term sustainability.

Please donate an amount significant to you

- **ONLINE:** WWW.ABADA.ORG/DONATE
- **MAIL A CHECK TO:** ACSF AT 3221 22nd St, SF, CA 94110
- **FACEBOOK:** WWW.FACEBOOK.COM/DONATE/323749696205179/



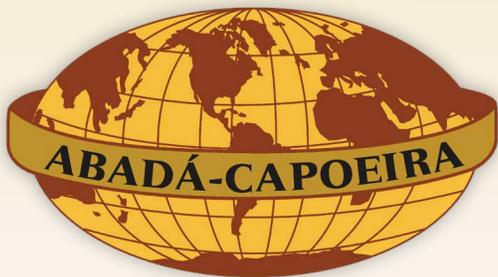
ABADÁ-Capoeira San Francisco

CAPOEIRA ARTS CENTER

Don't Forget

IN ORDER FOR US ALL TO STAY HEALTHY AND SAFE, PLEASE NOTE OUR **STUDIO RULES** THAT EVERYONE IS ASKED TO FOLLOW.

We are excited to train with you!



- **NO DROP-INS**
- **PROOF OF VACCINATION REQUIRED**
- **MASK UP!**
- **UPDATE YOUR RELEASE FORM ONLINE**
- **REGISTER FOR ALL CLASSES IN ADVANCE**

**PRE-REGISTER AT WWW.ABADA.ORG/SCHEDULE
EMAIL YOUR VAC CARD TO INFO@ABADA.ORG**