



# Welcome to Capoeira!

## Dear Quad Manhattan Parent,

We had a wonderfully successful first Capoeira class this week. It was a pleasure to meet your child/children and get to know each other.

Class began with the psychosocial lesson, lead by Bari. The new Capoeiristas were introduced to the expectations of class and the community agreement. These expectations listed in the community agreement included being respectful, responsible, and safe. Details of what this means was discussed. All students agreed with, understood, and followed the class expectations.

After expectations were reviewed and discussed, the group played a game of "Two Truths and a Lie" to get to know one another. This game consisted of each student or teacher coming up with two truths about themselves and one lie. The rest of the group had to guess which fact was a lie. The students enjoyed this game so much, we played a second round! Everyone took their turn speaking and were respectful and friendly to each other.

At 4:30 the Capoeiristas transitioned to the Capoeira portion of the class. Students sat quietly as they listened to our lead Capoeira instructor, Mirlet, explain the origin and story behind this Brazilian martial art. The students were engaged and asked questions to draw for more information.

After being introduced to Capoeira, the students learned their first three moves. First they learned the ginga (pronounced jeen-gah; literally: rocking back and forth; to swing), which is the fundamental footwork of Capoeira. Students watched their instructor demonstrate this move as they practiced the ginga themselves. Afterwards, students learned the cocorinha, which is a simple defensive move. On the balls of their feet, the Capoeiristas squat with their knees to the chest so as to close the body and covers the side of the torso and head with one hand while the other is flat and to the side for support. Lastly, the students began to learn the movement called bananeira. This is a handstand in Capoeira that derives its name from the banana trees of Brazil. Students learned the fundamentals of this movement and practiced a modified version of it, while they build up their strength and Capoeira knowledge.



"ginga"

Next week we will continue getting to know one another and begin learning some psychosocial concepts. The Capoeiristas will continue to practice the movements that they learned this week and will build from these skills.

We look forward to seeing the Capoeiristas next week!

Thank you,  
Bari, Mirlet, and Bradley

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## About the teachers



**Bari Schwartz, Psy.D.**, Psychosocial Teacher, is a postdoctoral psychology fellow at The Quad Preparatory School, after serving as a full-time intern there during the 2016-2017 school year and completing the Meeting the Needs of Twice Exceptional Children Certificate Program through The Quad Foundation. She received her doctoral and master's degrees in School Psychology from St. John's University and is a New York State Certified School Psychologist. Dr. Schwartz has worked with children who exhibit behavioral, learning, and social-emotional difficulties, and has training in a wide array of evidence-based practices, including cognitive-behavioral therapy (CBT) and parent management training, and parent-child interaction therapy (PMT, PCIT) models.

**Mirlet Auguste** has been teaching summer camps at the Quad since 2011. He is a Graduado from Grupo Capoeira Luanda NYC under the supervision of Mestre Jelon Vieira and has been training Capoeira for more than 8 years. Mirlet has also taught Capoeira at Kipp Amp Charter School in Brooklyn. A native New Yorker, Mirlet is also a free-style dancer and performer with a strong influence of Afro beats and House music and a full-time Fashion Designer.





**Bradley Levine** is a NYC based actor, singer, theatre artist, producer, and filmmaker. Levine joins the psychosocial internship team this semester as a proud recent graduate of the Pace School for Performing Arts, receiving his BA in Acting and Devised Theatre. He has also trained at the William Esper Studio and just returned from the Grotowski Institute in Poland. Internationally, Bradley traveled to Thailand to perform *Gathering Sparks*, a piece he helped write and create. Film: *Launch* ([watch here](#)) and *Midtown Mix Up* (lead role and executive producer, coming soon!).

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Thanks for reading!

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