

**MAYLAND COMMUNITY COLLEGE**  
**PED 125.95**  
**SELF-DEFENSE /BEGINNING-CAPOEIRA**  
**SYLLABUS**  
**Fall-2006**

INSTRUCTOR: Frederico L. Castellões

OFFICE: ROOM#219

HOURS: T-TH: 1:30PM—2:00PM , 4:30PM-6:00PM  
W: 2:00PM—6:00PM

TEL: (828) 765-7351 -----\*726-2498 (Caldwell Community College)

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**A. REQUIRED MATERIALS:**

Text book: Capoeira, A Brazilian Art Form (Bira Almeida-Mestre  
Acordeon,1986), North Atlantic Books, ISBN 0-938190-29-6.

**B. COURSE DESCRIPTION & OBJECTIVES :**

This course is designed to aid students in developing rudimentary skills in self-defense. Emphasis is placed on stances, blocks, punches and kicks as well as non-physical means of self-defense. Upon completion, students should be able demonstrate basic self-defense techniques of a physical and non-physical nature. *This course has been approved to satisfy the Comprehensive Articulation Agreement for transferability as a premajor and /or elective course requirement.*

**OBJECTIVES:**

Capoeira is an interactive course in which the understanding of the culture, art and self-defense of the capoeira game is taught along with basic movements and rhythms of the art form. It is physically and mentally demanding and rewarding. The primary goal of this class is to interrelate the physicality, the culture, and the persona in a capoeira game. The class is taught through 3 major scopes, explicitly;

1)-**PHYSICAL**- Student will develop physical strength, flexibility and stamina along with the basic self-defense movements of the art form.

2)-**CULTURE**- the course will be complemented by the studies of Capoeira and Brazilian History.

3)-**PERSONA**- Students will interact in the non-verbal discourse of the capoeira game, reading and exploring the martial gestures of one another in a multidimensional, polyrhythmic and theatrical role. Furthermore, basic Portuguese language will be acquired through singing and reading. Playing instruments are also essential activities of the game of capoeira; therefore students will be required to participate on all of these activities as well.

### **C. GRADESCALE**

- A- 93-100
- B- 85-92
- C- 77-84
- D- 70-76
- F- Below 70

### **D. EVALUATION POLICY**

The final grade will be based on the average of points accumulated in 3 aspects of Capoeira:

- 1) final examination of the student physical capability to interact with basic movements in a capoeira game,
  - 2) know-how of the culture of the roda (songs, instruments and rules)
  - 3) a written GROUP project with a presentation on any aspect of capoeira (culture).
- \*traditionally, guest instructors and masters test capoeiristas, which will be the case of this class if conditions permit.

### **E. ATTENDANCE POLICY**

Attendance and participation are mandatory. Absence from class will affect the final grade: unless previous arrangements with the instructor have been made, absence cannot be made up. In addition, absences beyond one per credit hour will result in a lowering of the final average by two (2) points per additional absence. Mayland Community College field trips are excused absences with following stipulations: the faculty leader of the trip must send notification in writing to the instructor one week ahead of the departure date, including the trip title and the dates of the trip.

### **F. STUDENTS WITH DISABILITIES**

Any student requesting special accommodations for this course due to disability should apply for services through SOAR Office or the Counseling Center, which will document the disability. A counselor will then help determine which accommodations, if any, the student needs for success in this course.