



**AUGUST 20, 21, 22 AND 23 OF 2009**

This year the Cordão de Ouro Capoeira clubs in Iowa (Des Moines and Cedar Falls) batizados will be held together in one event. This is being done to support and promote unity and team work between the Capoeira groups in the Midwest of USA starting here in Iowa.

**Location (Jester Iowa State Park):**

Our event this year will focus on the Basis of Capoeira. Most of the event will take place at Jester Park, a beautiful Iowan state park about 30 minutes outside of Des Moines, IA. This will be a great opportunity to get in touch with nature while practicing Capoeira — the point is to bring the spirit of Capoeirando (Mestre Suassuna's event in a paradisiacal beach in Bahia, Brazil) to Iowa. In the midst of nature we will train Capoeira, relax, make new friends, interact with our old Capoeira friends, and have a lot's of fun. We encourage you to camp in the park to take full advantage of the peacefulness of the natural setting. If you so desire, there will be housing and hotels (hotels rooms limit is 15 people) only available around the park with additional charges according to your need.

**The event includes:**

Capoeira workshops, Capoeira Acrobatics workshops, Music Class (Play all Capoeira Instruments/learn the rhythm games and names); Lecture (History, Video Lecture and Capoeira styles), batucada, swimming and boating on the lake, rodas, a show, and a Brazilian party. The price of the event is:

- \* **ADULT** - \$120.00 - **Four days of workshops and rodas, camping, housing & breakfast.**
- \* **KIDS** - \$50

We will be waiting for your confirmation at [www.littlebrazil.org](http://www.littlebrazil.org) or [cdoiowa@yahoo.com.br](mailto:cdoiowa@yahoo.com.br).

**THANK YOU!**



<b>MESTRES</b>		
<b>Canguru</b>	<b>Cordão de Ouro</b>	<b>Humbolt, CA</b>
<b>Espirro Mirim</b>	<b>Cordão de Ouro</b>	<b>Tucson, AZ</b>
<b>Paulo Batuta</b>	<b>Capoeira Mandinga</b>	<b>San Diego, CA</b>
<b>CONTRA-MESTRES</b>		
	<b>Cordão de Ouro</b>	<b>Paris, France</b>
<b>Denis</b>	<b>Cordão de Ouro</b>	<b>Champaign, IL</b>
<b>Marisa</b>	<b>Gingarte Capoeira</b>	<b>Chicago, IL</b>
<b>Muriel</b>	<b>Cordão de Ouro</b>	<b>Atlanta, GA</b>
<b>Ninja</b>	<b>Forca Rara Capoeira</b>	<b>Olathe, KS</b>
<b>PROFESSORS</b>		
<b>Berinjela</b>	<b>Cordão de Ouro</b>	<b>Vallejo, CA</b>
<b>Xango</b>	<b>Cordão de Ouro</b>	<b>Vallejo, CA</b>
<b>INSTRUCTORS</b>		
<b>Biriba</b>	<b>Gingarte Capoeira</b>	<b>Chicago, IL</b>
<b>Costela</b>	<b>Cordão de Ouro</b>	<b>Long Branch, NJ</b>
<b>Duas Duzias</b>	<b>Cordão de Ouro</b>	<b>Honolulu - Hawaii</b>
<b>Ligeirinho</b>	<b>Gingarte Capoeira</b>	<b>Chicago, IL</b>
<b>Manhoso</b>	<b>Cordão de Ouro</b>	<b>Detroit</b>
<b>Morrão</b>	<b>Cordão de Ouro</b>	<b>Chicago, IL</b>
<b>Prea</b>	<b>Cordão de Ouro</b>	<b>Los Angeles, CA</b>