

O Grupo Capoeira Libertação

The Liberation Capoeira Group (*Grupo Capoeira Libertação*) is a group formed by young practitioners of the art of capoeira in Maputo, Mozambique that was founded in the year 2000 by Instructor Pintinhas. The groups has juridical personality (*personalidade juridical*) as a non-profit organization aimed at promoting Capoeira in Mozambique and evoking a civic spirit of mutual help among its members.

Libertação currently instructs over 127 students - 38 in its main center in Maputo, 10 in the city of Inhambane, 20 in Quelimane, 25 in Laulane, 7 in Compone, 10 in the Bairro de 25 de Junho, and 17 in the Center for Service to Vulnerable Children. In addition to its basic teaching of Capoeira the group also gives classes in yoga, aerobics, gymnastics, music, and dance.

The headquarters (located at the Anglican Church next to the Interfranca) is currently open for enrollment in Capoeira, gymnastic and yoga classes offered on Mondays and Wednesdays from 5:00 PM to 8:00 PM, Tuesdays and Thursdays from 8:00 AM to 11:00 AM; and Fridays from 6:00 PM to 8:00 PM.

The group is planning a series of triune events with the theme “Self Esteem: Capoeira as an educational art” the object of which is to involve marginalized and otherwise vulnerable youth in socio-educational and sport activities with an aim to instill in the participants a spirit of self-esteem and mutual respect (i.e. not only for oneself but also for one’s neighbor).

Capoeira as an “educational art” is a program that envisages enlisting a great number of people on a national scale to combat structural societal weaknesses. Given that most Mozambicans aren’t interested in being lectured to, the present project, aims at diffusing diverse positive messages by means of song and dance as well as informal *bate papos* (unstructured conversations).

The project makes use of volunteers who, without seeking profit, will help victims of poverty (especially children) become better integrated into society. More specifically: it aims to: 1) teach and otherwise promote the art of capoeira – to better the mental and physical condition of the student by improving his/her motor coordination, blood circulation, posture, and spiritual well-being; 2) reduce juvenile delinquency by teaching discipline and otherwise molding positive behavior during the training sessions and exhibitions; 3) combat low self-esteem and excessive pride as the students discover their strengths and weaknesses; 4) develop respect for one’s neighbor as well as respect for one’s self ; and 5) combat HIV-SIDA by providing necessary information dealing with its causes and transmission.

The group feels that with a total of \$848 it can serve some 50 children effectively. The three programs envisioned are: 1) a self-esteem and respect for others workshop utilizing the 13 pillars of ubuntu as described in Eivind Gjosund’s book entitled Ubuntu; 2) a Capoeira “*convivio*”; and 3) a Capoeira instrument fair. The budget is calculated in meticais (the currency of Mozambique with US dollar values given in parentheses).

Item	Quantity	Unit Price	Total Value
Camisetas (t-shirts)	50	200 (\$8)	10,000 (\$400)
Lanche (lunches)	50	100 (\$4)	5,000 (\$200)
Camara (camara)	1	2,000 (\$80)	2,000 (\$80)
Transporte (transport)	50	50 (\$2)	2,500 (\$100)
Resmas de papel	10	100 (\$4)	1,000 (\$40)
Blocos A4	10	70 (\$2.80)	700 (\$28)
GRAND TOTAL		(\$16.96 per child)	21,200 (\$848)

Detailed Budget for each proposed event:

Self-Esteem Capoeira Workshop (based on 20 participating children):

Necessary Items	Cost in \$US dollars per child
Resma de papel	120 mtn (\$4.80)
Cadernos (note books)	250 mtn (\$10.00)
Esferiograficos (pens)	50 mtn (\$2.00)
GRAND TOTAL	420 mtn \$16.80 per child

Convivio de Capoeira (Capoeira Get-together)

Necessary Items	Cost in \$US dollars per child
Lanche (lunch)	50 mtn (\$2.00)
Som-banda (musicians)	600 mtn (\$24) / divided by number of children (20?)
Certificados (certificates)	100 mtn (\$4)
Camisetas (T-Shirts)	150 mtn (\$6)
GRAND TOTAL	\$13.20 per child

Feira de Instrumentos da Capoeira (Capoeira Musical Instruments Fair)

Necessary Items	Cost in \$US dollars per child
Transporte (transport)	50.00 mtn (\$2)
Lanche (lunch)	70 mtn (\$2.80)
Pagamento de energia do espaco (payment for use of space)	500 mtn (\$20) / divided by number of children (20?)
GRAND TOTAL	\$5.80 per child

That is, if a child participated in all three events (and there were at least 20 children in a group) the cost would be approximately \$35.80 per child as compared to \$16.96 per child if 50 participated.

For those interested in more information about this project as well as those interested in funding one or more child, please contact Jeremias José Ferreira (Pintinhas) by e-mail at capoeira_libertacao2@yahoo.com.br (note that there is an underscore between capoeira and libertacao). He can also be reached by telephone at either 845015365 or 824115984. and his mailing address is:

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