

ANNUAL REPORT 2023

Charity No 1157115

History of Brazil

The History of Brazil, begins with the arrival of the first indigenous people, over 8,000 years ago by crossing the Bering land bridge into Alaska and then entering the rest of North and Central America.

It is widely accepted that the European first to discover Brazil was Portuguese Pedro Álvares Cabral on April 22, 1500. From the 16th to the 19th centuries, Brazil was a colony of Portugal. On September 7, 1822, the country declared its independence from Portugal and became a constitutional monarchy, the Empire of Brazil. A military coup in 1889 established a republican government. The country has been nominally a federal republic ever since, except for three periods of overt dictatorship (1930–1934; 1937–1945 and 1964–1985).

The Creation of the Favelas

A **favela**, (Brazilian Portuguese for *slum*), is the generally used term for a shanty town in Brazil. In the late 19th century, the first settlements were called *bairros africanos* (African neighbourhoods), and they were the place where former slaves with no land ownership and no options for work lived. Over the years, many freed black slaves moved in. However, before the first settlement called "favela" came into being, poor blacks were pushed away from downtown into the far suburbs. Most modern favelas appeared in the 1970s, due to rural exodus, when many people left rural areas of Brazil and moved to cities. Without finding a place to live, many people ended up in a favela. Shanty towns are units of irregular self-constructed housing that are typically unlicensed and occupied illegally. They are usually on lands belonging to third parties, and are most often located on the urban periphery. Shanty town residences are built randomly, although ad hoc networks of stairways, sidewalks, and simple tracks allow passage through them. Most favelas are inaccessible by vehicle, due to their narrow and irregular streets and walkways and often steep inclines. These areas of irregular and poor-quality housing are often crowded onto hillsides, and as a result, these areas suffer from frequent landslides during heavy rain. In recent decades, favelas have been troubled by drug-related crime and gang warfare. There are often common social codes in some favelas which forbid residents from engaging in criminal activity inside their own favela.

CAPOEIRA

Capoeira is an Afro-Brazilian art form that combines elements of martial arts, music, and dance. It was created in Brazil by slaves brought from Africa, especially from present day Angola some time after the 16th century. It was developed in the region of Quilombo dos Palmares, located in the actual Brazilian state of Alagoas and has great influence on the Afro-Brazilian generations, with strong presence in the actual states of Bahia, Pernambuco and Rio de Janeiro. Participants form a *roda*, or circle, and take turns either playing musical instruments, singing, or ritually sparring in pairs in the centre of the circle. The sparring is marked by fluid acrobatic play, feints, and extensive use of sweeps, kicks, and headbutts.

It is likely that the name originated as a derisive term used by slave owners to refer to the displays as chicken fights. Another claim is that the word "Capoeira" is derived from the native-american language Tupi-Guarani words *kaá* ("leaf", "plant") and *puéra* (past aspect marker), meaning "formerly a forest".

Capoeira's Status in Brazil and Development as a Sport.

For some time, Capoeira was criminalised and prohibited in Brazil. Police records dating back to the 1800's demonstrate that capoeira was an "important reason" to detain slaves and "free coloured individuals". From the slaves that entered the Calabouço jail during the year 1857-1858, 31% were arrested for [capoeira], and only 28 (10.7 per cent) for running away. Out of 4,303 arrests in Rio police jail in 1862, 404 detainees --nearly 10 per cent-- had been arrested for capoeira." In 1890, Brazilian president Deodoro da Fonseca signed an act that prohibited the practice of capoeira nationwide, with severe punishment for those caught. It was nevertheless practised by the poorer population on public holidays, during work-free hours, and on other similar occasions. Riots, also caused by police interference, were common

In spite of the ban, Mestre Bimba (Manuel dos Reis Machado) created a new style, the "Capoeira Regional." Mestre Bimba was finally successful in convincing the authorities of the cultural value of capoeira, thus ending the official ban in the 1930s. Mestre Bimba founded the first capoeira school in 1932, the Academia-escola de Capoeira Regional at the Engenho de Brotas in Salvador-Bahia. He was then considered "the father of modern capoeira". In 1937, he earned the state board of education certificate. In 1942, Mestre Bimba opened his second school at the Terreiro de Jesus - rua das Laranjeiras. The school is still open today and supervised by his pupil, known as "Vermelho-27". During the 1930's the traditional Bahian capoeira became increasingly identified as 'capoeira de Angola,' in opposition to the 'capoeira Regional' developed by Bimba. Vicente Ferreira Pastinha worked almost up to his death in 1981 to codify the more traditional Angola style of capoeira and he wrote endlessly on the sport. Because he preserved much of the traditional style of capoeira, in his practice, teachings, and writings, he too is important to modern capoeira.

Benefits of Capoeira

The fundamental principles taught in capoeira include a corporal dialogue, the body's intelligence, the ability to react, balance, as well as the notions of space, time, rhythm, music and an understanding of the philosophy of the game.


Capoeira is a marvellous exercise for the body, involving all of the muscle groups and developing a series of physical qualities. While playing in the roda one rapidly notices a great change: less tension, faster reflexes and increased power.

By persevering, your breathing becomes regulated as the regular practice of capoeira (at least three times a week) develops the cardiovascular system. And, most beautiful of all, one develops great abdominal muscles, these muscles being amongst those most solicited. But capoeira is not only good for the body. Capoeira works with one's emotions, helping to liberate aggressivity, although the sport does not encourage any form of violence. Capoeira develops the mastery of one's body and mind, as well as one's creativity.

- A few facts:

- One hour of capoeira burns about 500 calories.
- Stretching and weight training are complementary to capoeira as they improve flexibility and strength.
- Everyone can practise capoeira according to his/her natural abilities. Only those with spinal cord problems must receive authorization and be followed by a doctor in order to practise.
- Capoeira is one of the best physical activities, if not the best!

- Below are the qualities that the practice of capoeira develops and improves:

- Endurance : to provide the maximum energy during the entire period of play.
 - Agility : the movements change direction at any time.
 - Flexibility : large movements dominate capoeira.
 - Speed : in order to trick your adversary.
 - Balance : to master the body's control during complex movements.
 - Coordination : to be able to respond to attacks with arms, the trunk of the body and legs, all at once.
 - Rhythm : the game is led by music and singing and the pace of the movements must match the music's rhythm.
- 

THE MANY BENEFITS OF CAPOEIRA, IN BRIEF:

PERSONAL

- >> Builds confidence with each lesson**
- >> Dedication is a critical life skill**
- >> Balance both mind and body**
- >> Increases your musicality & rhythm.**
- >> Be part of beautiful Brazilian culture**

PHYSICAL

- >> Improves synapses & circulation.**
- >> Full Body workout, including muscles that you have never used before!**
- >> Effective & Intense Cardio Workout**
- >> Increased agility decreases injuries.**


PROFESSIONAL

- >> Improves concentration & alertness.**
- >> More circulation means more daily energy.**
- >> A great release from daily stress.**
- >> Most high achievers are active people.**

SOCIAL

- >> The Capoeira community is renowned for its friendly and fun atmosphere.**
- >> Brazilian Culture means to enjoy life.**

Capoeira is so diverse with its combination of dance, martial arts and music, that we believe Capoeira changes lives.



Our projects with Capoeira in the Community.

With our projects, we want to give the more disadvantaged young people in the community the chance to develop their skills and help them make better and healthier choices about their life. We are working at the moment with some youth centres for young offenders and young people at risk of committing crimes and doing drugs. With our weekly lessons we offer the young people another alternative: to spend more time with other people of their age sharing common interests, exercises, playing instruments and teaching them acrobatics. These young people have a lot of energy and can become very focused and dedicated to the activity. Some of our current students with a history of drug abuse found in us a second family and every day spend more time with us, not only practising Capoeira, but also doing other outdoors activities with us, watching capoeira videos, practising music, going to gymnastic centres to practise on their own. Capoeira can be a very appealing activity and the project participants never get tired of practising it as there are so many things to learn. We dedicate our time to help the young people in the community, but we also run other projects in London, where the age range of the students goes from 4-65 years olds and over.











Our Funders:

Special thanks to all our funders. Without their support we would not have been able to run our projects.

- **Sport England**
- **Southwark Council- Neighbourhoods Fund**
- **Versus Arthritis**
- **St. Olaves Foundation Fund.**
- **Edwards Harvist Trust**





ABACEI

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 December 2022.

	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£
Incoming resources			
Incoming resources from generated funds:			
Voluntary income	-	-	-
Donations and sponsorships	5,800	-	5,800
Activities for generating funds:			
Investment income	-	-	-
Incoming resources from charitable activities			
Grants receivable	15,580	-	15,580
Total incoming resources	21,380	-	21,380
	<hr/>	<hr/>	<hr/>
Resources expended			
Charitable activities	17,230	-	17,230
Governance costs	1,420	-	1,420
	<hr/>	<hr/>	<hr/>
Total resources expended	18,650	-	18,650
	<hr/>	<hr/>	<hr/>
Net incoming resources before transfers	2,730	-	2,730
Reconciliation of funds			
Total funds brought forward	-	-	-
Transfer between reserves			
Total funds carried forward	2,730	-	2,730
	<hr/>	<hr/>	<hr/>

The statement of financial activities includes all gains and losses in the financial year 2022. All incoming resources and resources expended derive from continuing activities.

Account revised and approved on the 4th of January 2023 by:

Jefferson Bispo de Oliveira

Chair

A handwritten signature in black ink, consisting of a stylized 'J' followed by a horizontal line and some loops.

Laura Ayuso

Secretary

A handwritten signature in black ink, featuring a large, stylized 'L' and 'A' followed by 'YUSO'.

Karen Welton

Treasurer