

London Life

*Capoeira*

October 26, 2005



**BBC WORLD SERVICE**  
LEARNING ENGLISH



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**Insert**

I've been doing *Capoeira* for about a year in London

**Jackie:** *Capoeira* is a Brazilian martial art and more and more Londoners are going along to an evening of *capoeira* for the music, exercise or simply to socialise. Krishna has been going along for about a year. Have a listen to how it all began.

**Insert**

When I first started it was because I was living with a friend and she dragged me to the classes – mostly out of curiosity I went. And then I really liked it and found it was a good work-out.

**Jackie:** Krishna's friend whom she was living with, dragged her along to one of the classes.

**Voice:** Dragged along

**Jackie:** Krishna uses this expression to explain how she really didn't want to try the class. But in the end she went along out of curiosity or out of interest.

**Voice:** Out of curiosity - out of interest

**Jackie:** Another way you could use these phrases is to start a question.

**Voice:** Out of curiosity, where do you go on a night out? Out of interest, where do you like to go?

**Jackie:** The answer might be:

**Voice:** To the cinema, to the theatre, to a restaurant

**Jackie:** For Krishna, it's to a *capoeira* night. See if you can hear how often she likes to go. We sent along our reporter, Andrea Rose, to one of Krishna's classes.

**Insert:**

So I've come here with Krishna to see what her *capoeira* classes are all about. Tell me a bit about where we've come.

We've come to a school that isn't far from my house. I come two or three times a week to meet up with the group Amazonas and to practise the exercises.

Let's take a look and see what everyone's doing.

**Jackie:** Did you catch how many times a week Krishna goes? She goes maybe two or three times a week. She's lucky because she doesn't have to go far – the classes are held in a school not far from her house.

But what is *capoeira* all about?

**Insert:**

Typically the way you play *capoeira* – and that's the word they use – to play – it's two people combating although normally there's no contact. You do it in a *roda* which is a Portuguese word for circle and everyone around the circle will clap and will be singing the chorus. This is the *berimbau* and it's one of the main instruments in *capoeira*. (plays) That's just a flavour but basically depending on what style of *capoeira* you're playing there's different songs, there's different beats.

**Jackie:** So two people “play” *capoeira* or combat

**Voice:** Combat

**Jackie:** That’s another word for fight

**Voice:** Fight

**Jackie:** They do that in the middle of a circle. The main thing is that they don’t touch, there’s no contact between the fighters. In English you use the word non-contact.

**Voice:** Non-contact

**Jackie:** The prefix is

**Voice:** Non

**Jackie:** Let’s use it in another context, for instance -

**Voice:** Non-smoking area

**Jackie:** This is an area where there’s no smoking allowed.

**Voice:** Non-participant

**Jackie:** This is someone who isn’t taking part in an activity.

Krishna also tells us that everyone else stands around the circle and sings. The circle is called a *hoda*, a Portuguese word. Krishna demonstrates how to play a *biranbow* which is one of the main instruments played in *capoeira*. She gives us just a flavour of how it sounds.

**Voice:** Just a flavour – we’re giving you just a flavour of what *capoeira* is all about.

**Jackie:** That was an example of how you could use that expression in a sentence. You could alternatively say - it’s just a taste.

**Voice:** We’re giving you just a taste of what *capoeira* is all about.

**Jackie:** On Krishna’s *biranbow*, she plays different songs and beats, depending on the style of *capoeira*. Let’s go back to the class and see how they’re getting on.

**Insert:**

You can see today there’s actually quite a lot of musicians – three people playing the *biranbow*, a drummer, 2 tambourines. It’s really lively tonight. Sometimes you can have a much bigger class, sometimes smaller. The actions are several movements – cartwheels, kicking...

**Jackie:** There are several musicians playing different instruments - it’s very lively. Krishna also talks about some of the movements in *capoeira*. Have another listen.

**Insert:**

You can see today there's actually quite a lot of musicians – three people playing the biranbow, a drummer, 2 tambourines. It's really lively tonight. Sometimes you can have a much bigger class, sometimes smaller. The actions are several movements – cartwheels, kicking....

**Jackie:** There are cartwheels and kicking. It sounds quite dangerous, despite being a non-contact activity!

**Insert:**

It can be, it can be when you start to play quickly. If you don't move out of the way then you could get kicked. But unlike other martial arts for the most part you don't try to hit the person. It's just an exercise.

**Jackie:** Krishna tells us that when people start playing fast there's a chance of getting kicked if you don't get out of the way. She uses the phrase - for the most part

**Voice:** for the most part

**Jackie:** she could have used - mainly or usually

**Voice:** for the most part – mainly – usually.

in capoeira usually people aren't trying to make contact

**Jackie:** In capoeira usually people aren't deliberately trying to make contact with their opponent. It's not like a lot of other martial arts.

(End)