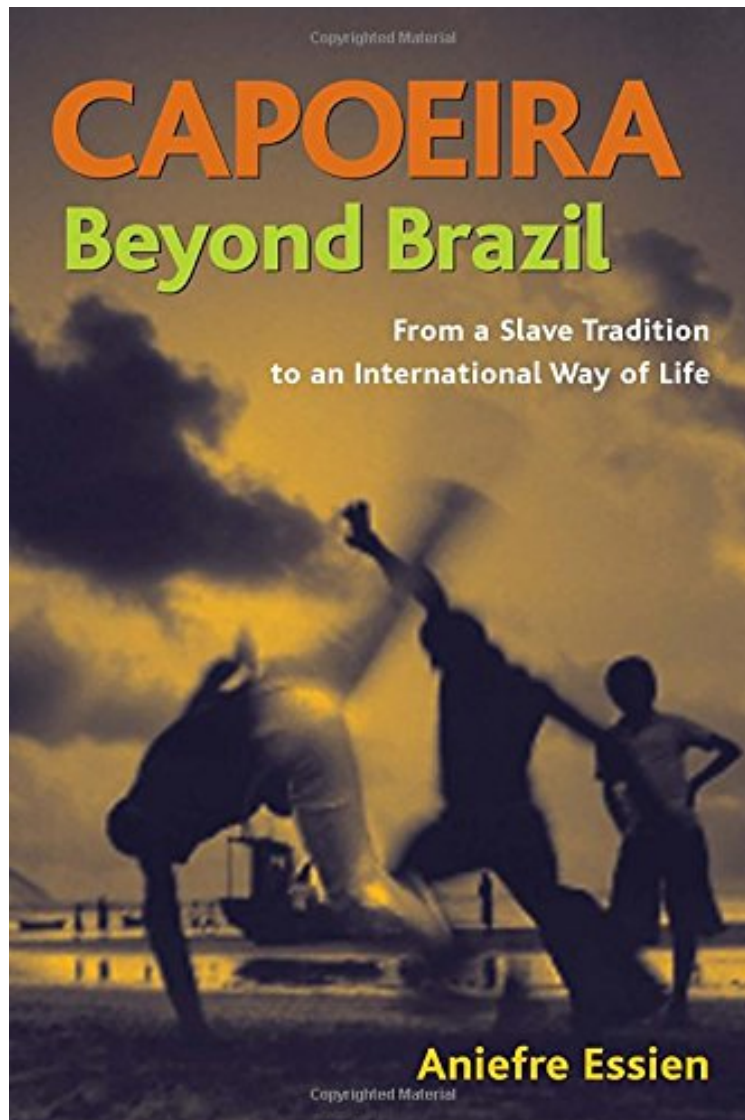


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Capoeira Beyond Brazil

Aniefre Essien

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Aniefre Essien : Capoeira Beyond Brazil before purchasing it in order to gage whether or not it would be worth my time, and all praised Capoeira Beyond Brazil:

Until recently, Brazilians dominated the market on capoeira books, yet the form has spread across the globe over the last four decades. This expansion from the favellas (slums) to the world stage has introduced a host of new capoeira practitioners with varied lineages, techniques, and traditions. In Capoeira Beyond Brazil, Aniefre Essien brings an

international, political perspective to capoeira, speaking to both the novice and aficionado, as well as to historians, martial artists, social justice organizers, and youth development professionals. Essien shows capoeira in its complete historical context, providing not only technical instruction but a critical history that highlights the political milestones of the form. Author Essien doesn't shy away from the realities of the capoeira community, directly illustrating principles that should be embraced, as well as established norms in practice and instruction worth questioning. *Capoeira Beyond Brazil* expands the meaning of capoeira with a sociocultural consideration of the effects internalization has had on the form. Showcasing Essien's own experiences using capoeira training at-risk youth, the book articulates the form's empowering aspects with strategies for using martial arts to foster individual self-reliance and confidence, as well as a commitment to community development.