

# CAPOEIRA FOR EMPOWERMENT AND PEACE PROGRAM (CEPP), AND THE BUSINESS LABS WILL BE DEVELOPED IN JAMAICA

CREATIVITY, ENTREPRENEURSHIP AND KNOWLEDGE,  
THE KEYS FOR SUCCESS OF THIS PROGRAM...  
REPRESENTING AN IMPORTANT TOOL FOR THE YOUNG  
PEOPLE WHOM WILL HAVE THE OPPORTUNITY TO BE PART OF  
IT, AND TO CREATE A NEW POSITIVE AND ENTHUSIASTIC  
MENTALITY.

**CAPOEIRA** for **Empowerment and Peace Programme (CEPP)**, and the **Business Labs** will be developed in **Jamaica**, during this year **2006**. The objective to support the young people and to give them a creative resource "a cultural dance CAPOEIRA", and the knowledge of how to start a new way to be successful entrepreneurs.

## WHAT IT IS CAPOEIRA?

*It's history goes back to the XV and XVI centuries. During that period it was a way of auto defense used by the African slaves in BRASIL, by that time it was called the "Portuguese Colony of Pernambuco".*

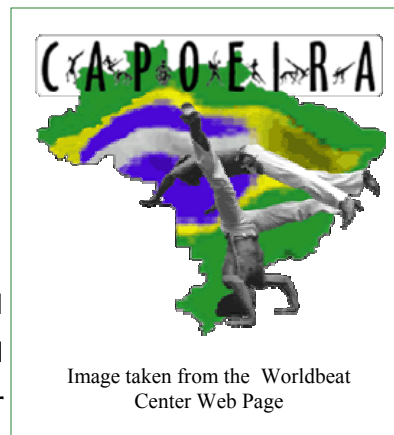
*Alter 1928, it became recognized as the International and National dance of artistic expression of life and freedom. Music is essential in CAPOEIRA, and the rhythm determines how fast it is performed and also sets the mood of the performance.*

This dance will be combined with another component: a

Business Lab Workshop to promote entrepreneurial spirit in the young participants.


First of all, it is the essence of CAPOEIRA Training to teach

them self control, self discipline and respect for partners, as well as to promote tolerance. It teaches them to positively reinforce small achievements in order to promote team spirits.



This Program, combined with entrepreneurship that will later be strengthened with the Business Labs workshop, can help fight negative behaviors such as violence and promote positive values instead.

The CAPOEIRA training involves routine dances, specific movements of attack and



defense, exercises to develop shape, flexibility rhythm, speed, discipline and respect for the opponent, body language and motion, choreographies, history and culture of Jamaica. They will

learn to play musical instruments and to sing songs of CAPOEIRA; then a feedback will be done, talking about their experiences, feelings, and the students progress.

The targeted youth

participating in the Program will be between 15 and 29 years.

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