



# STUDENT HANDBOOK





## **WE WOULD LIKE TO WELCOME YOU TO THE DECATUR CAPOEIRA MARTIAL ARTS PROGRAM..**

You have joined an elite group of martial artists and our family would like to extend my congratulations to you on choosing the best organization in the area.

At Capoeira Maculele, we strive to provide our students with the highest quality of instruction by teaching valuable Capoeira techniques and essential principles of self-defense in a well rounded curriculum. We feel it is important for our students to learn in a safe, supportive, and fun atmosphere.

Capoeira Decatur offers opportunities to suit a variety of abilities and interest levels, from the beginning youth student to the elite national level competitor. The training possibilities and growth potential of any student is only limited by a student's desire to achieve.

As a student in our school, we expect you will have many questions during your training. This orientation packet and the student handbook are designed to provide information about the programs available at our school. These sources of information provide answers to many of the questions you may have.

If you have additional questions beyond what is found within this resource, please do not hesitate to ask your instructors, who are available before and after each lesson.

Congratulations on the good decision to practice and learn this beautiful art form!





## HISTORY OF OUR SCHOOL:

We are a family of Capoeiristas! Father, Mother and Daughter. From the moment you enter our school, you feel and sense the utmost positive energy and family oriented atmosphere. Our professional and courteous instructors will do everything to provide the most fun and exciting ways to learn capoeira!

Grupo Maculelê Atlanta was established in December 2002 with the arrival of Mestre Fran and Mestra Sara and daughter Dandhara. With the help of the former Athletic Director for Georgia State University, Mestre Fran introduced the unfamiliar martial art to the students of Georgia State University and in 2003, Mestre Fran was hired by Emory University. From there, Grupo Maculelê spread to other schools in the area, including Emory University and University of Georgia in Athens.

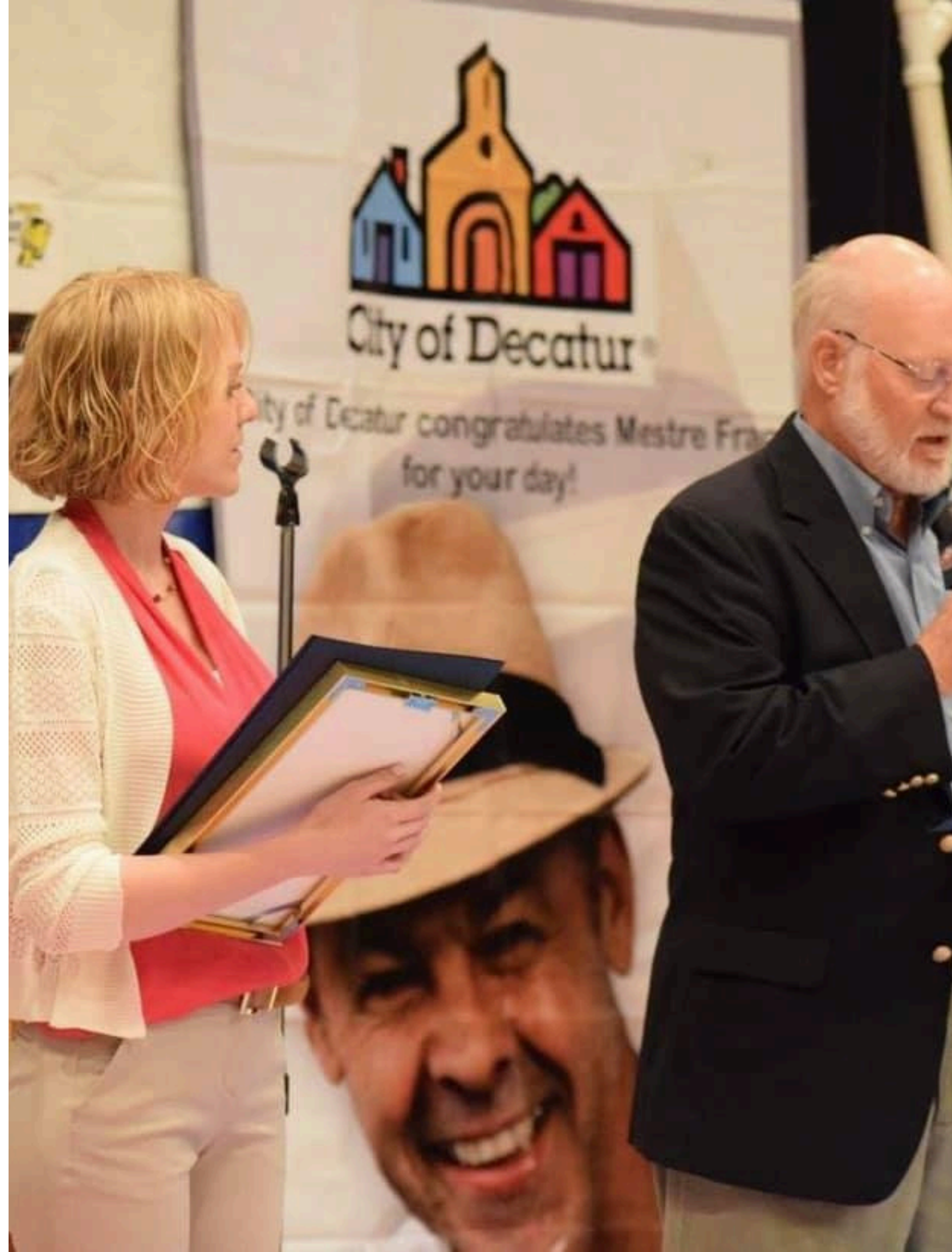
Over the past years, we have hosted numerous events with special guest Mestres, Professors, and Instructors from all over the world and performed in numerous festivals through out the city of Decatur, Atlanta including the Underground Atlanta, Piedmont Park, Atlanta Area Schools, Philips Arena, Emory University, Georgia Aquarium, Georgia State and many more. Since 1982, Mestre Fran, Mestra Sara and Capoeira Maculelê have worked to promote an organization that values all dimensions of the human being.







# 18X AWARD WINNING CAPOEIRA SCHOOL







### **Communication with the instructors:**

We encourage you communicate with our instructors and share your child's progress and challenges with us! We are here to help, so please let us know if you have any questions or concerns at any time.

### **Report Cards:**

Parents are encouraged to have their child bring their report card to capoeira classes each time grades are given. The instructors will support you in encouraging your child's academic efforts. Most parents find that capoeira training brings significant improvement by developing better skills in memory, concentration and following directions as well as improved conduct, responsibility and respect.

### **Capoeira Belt Ceremony:**

Our annual graduation ceremony for capoeira students showcases a variety of cultural performances. Teachers and students from different capoeira schools are invited to participate as a community. The students have a chance to demonstrate what they have learned over the past year and advance to their next belt level.

### **Holiday Schedule:**

We are closed on Memorial Day, Fourth of July, Labor Day, Thanksgiving, and winter break during Christmas and New Years. We are open for most other holidays. If we have schedule changes we will let you know at least two weeks prior to the event. Please call us if you ever have a questions





**Guest Passes:** The highest compliment you can give our staff is to recommend us to a friend. At Capoeira Decatur, we appreciate your referrals. Please ask Dani for details on our current student referral program.

**Birthday Parties:** We host children's birthday parties!

Yummy food, games, capoeira, music, good bags and lots of fun. If you think your child's instructors are fun in a class, wait until you see them at a party! Book your party today!

**Dress Code:** Please make sure your child wears their uniform every class! Uniforms should be washed regularly but belts should not be washed! If you would like to purchase a new uniform please email or call us today. **Parents please note the uniform fee is \$50.**

#### **Other Fun Events and Getting Involved:**

- ✓ Parents Night Out
- ✓ Summer Camps
- ✓ Birthday Parties
  - ✓ Boy Scout/Girl Scout Troops
- ✓ PTA Fundraiser
- ✓ Halloween Party
- ✓ Annual Holiday Party
- ✓ Buddy Days
- ✓ Demo Teams
- ✓ Belt Ceremony
- ✓ Sponsor many local organizations

**Contacting Us:** If you have any questions we encourage you to contact the office at [info@capoeiratlanta.com](mailto:info@capoeiratlanta.com) or (404)578-7386. Our friendly staff are always happy to help you out!





# SCHOOL POLICIES& INFO:

**Make up classes:** Students who miss a class during the week can contact us about doing a make up class!

**Changing details:** Please let us know if you move house, change emails, payment info or phone numbers.

**Cancellation Policy:** To cancel or change your membership please email [decaturcapoeira@gmail.com](mailto:decaturcapoeira@gmail.com) **30 days before any change.**

**Illness:** If your child is unwell and not able to attend class, a text message or email to let us know is much appreciated. If your child is experiencing contagious symptoms they should be kept home from class. Once your child is not contagious, they can return to class, however you may like to notify the teacher so that if the child appears to become unwell throughout the class they can sit down for a period, or for you to be called if symptoms worsen.

**Lost and Found:** If you have left something behind, please check our lost and found box at the studio.

**Parking:** Due to the very small nature of our parking lot, core's lot is very limited. Please find on-street parking when attending class. (Free on-street parking is available!). Also, MARTA's Decatur Station will plop you down right next to us in the Decatur Square. Visit [itsmarta.com](http://itsmarta.com) for details on Decatur Station and for train and bus schedules. Please do not park at core studios to avoid fines. Please see the parking map [here](#).







## MARTIAL ARTS



## Class Schedule

*Mestre Fran - Mestra Sara*

Schedule	Monday	Tuesday	Wednesday	Thursday	Friday
10:00-11:15			MORNING CLASS		
5:15-6:00	KIDS CAPOEIRA			KIDS CAPOEIRA	TINY TIGERS
6:00-6:45	LEADERSHIP			LEADERSHIP	LEADERSHIP
7:15-8:00	ADULT BEGINNER		ADULT BEGINNER		CULTURAL FRIDAYS: MUSIC, INSTRUMENTS, SAMBA, ACROBATICS, MACULELE DANCE.
7:30-8:30		MIXED LEVEL		MIXED LEVEL	

Schedule	Saturday	Sunday
11:15-12:00	KIDS CAPOEIRA	
2:00-2:45	KIDS ALPHARETTA	SHOWS BIRTHDAY PARTIES
3:00-4:00	ADULT ALPHARETTA	SHOWS BIRTHDAY PARTIES

Interested in Capoeira?  
Scan the QR Code with  
your camera app and join  
us for a free trial!

Already know someone  
training with us?  
Referred members save  
big on enrollment, and  
it's always great to train  
with your friends.



Scan me

**FAMILY DISCOUNTS!** Also, offering birthday parties, performances, private classes, community outreach programs

**Cell:** (404)578-7386 **Facebook/IG** @capoeiradecatur **Email:** info@capoeiratlanta.com



# TRYCAPOEIRA.COM



# BIRTHDAY PARTIES

Get An Action-Packed, Super-Fun Kids Birthday Party...  
For The Most Special Child In The World!

Our parties take the electrifying elements of capoeira training and combine it with music, games and fun!  
This is a unique party experience that your child and their friends will be talking about after!

**DON'T WAIT – RESERVE YOUR MARTIAL ARTS PARTY NOW!**

Dates book up quickly!

We'll help you arrange everything, we just need to know what date to reserve. We have multiple levels and can help you make this...

**SO Special and SO Easy!**





## 5 STAR REVIEWS!

Parents tell us they chose us because of parents like you who helped us to develop an outstanding online reputation. Perhaps you read reviews of our school before calling us. Tell others why our school is perfect for your family!

***LEAVE US A REVIEW AND  
RECEIVE A FREE GIFT!***



SCAN ME



SCAN ME





**A FINAL NOTE  
WELCOME TO  
CAPOEIRA  
DECATUR!  
WE LOOK  
FORWARD TO AN  
EXCITING,  
REWARDING YEAR  
OF CAPOEIRA!**

