

CAPOEIRA FOR KIDS



Kick, spin, and flip! Explore the 400-year-old Afro-Brazilian practice that combines dance, martial arts, and acrobatics into a single art form. Discover capoeira's rich history, the musical instruments, and basic movements including ginga (swing) and esquivá (duck). Begin with a demonstration by an experienced capoeirista. Then, it's your turn to practice the dance movements that inspired some of today's popular dance steps - including break dancing!

- Begin with a short introduction and demonstration by a seasoned capoeira instructor
- Learn about the music, history, and self-defense benefits of this ancient dance form
- Stretch and warm-up, then practice in groups the basic swings, sweeps and kicks of capoeira
- Take home a commemorative t-shirt and a new understanding of an ancient art
- Perfect experience for kids of all shapes, sizes and disabilities

Your Gift Locations*

Houston, TX

Availability

Year round, days vary by age

Duration

4 hours

Essential Information

For kids ages 5 to 15; parent/guardian must sign waiver

Numbers

Experience for 1 in a group of up to 10



*GIFTS ARE REGIONALLY BASED. PLEASE VISIT WWW.EXCITATIONS.COM/REDEEM FOR THE LATEST LOCATION LISTINGS • ED01-12-3372-A