

Leopards Participate in Capoeira Workshop

World Language Middle School welcomed Leila Vieira and Julio Patricio Beltrán Tapia of the OSU Capoeira Group on Tuesday, April 18, 2023 for the first of three workshops on Capoeira. This occasion was attended by the Drama and Band Departments led by Ms. Pandolfi De Rinaldis and Mr. Swartz.

Capoeira is an Afro-Brazilian martial art that combines dance, music, and acrobatics. It teaches discipline, self-defense, physical fitness, and promotes self-esteem. It is considered one of the top all-around strength, flexibility, and aerobic exercises and training is geared toward all ages and athletic levels.



[Video 1](#)

[Video 2](#)

[Video 3](#)