



November



"You have to be the change you want to see in the world".

(Mahatma Gandhi)

November 4 @19:00 (Wed)

Stammtisch

every month together

at " La Piazza Ristorante" (Brandt Passage 33 Odense C)

Come to the International Club's monthly meeting!

You will find a really warm international table, delicious Italian food and a stimulating ambience.

November 10 @ 19:30 (Thu)

Piano concert at SDU: William

Westney, H.C.Andersen guest

Professor and top piano prize-winner of the Geneva International competition, in a Solo Piano Recital.

Enjoy this unusual opportunity!

Works by: Hayden, Liszt, Fauré, and Gershwin will be part of the repertoire.

Place: Auditorium 100.

Free entrance.

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CAPOEIRA



By Evelina Kwartunaite

This month the International Club is inviting its members and friends to an interesting event: Capoeira . No matter how tempting it sounds, it's still something not everyone is familiar with.

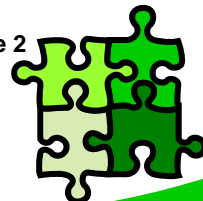
What is Capoeira?! Where does it come from? Can I do it?!... All these questions start piling up when I hear about Capoeira. And therefore I started my investigation, which I would like to share with all of you.

Capoeira is a combination of dance, ritual and martial arts that developed out of the Portuguese trade of African slaves to Brazil the 16th century. Capoeira was illegal in Brazil until the 1930's.

Nevertheless, the description of Capoeira varies according to people's personalities. It is a native Brazilian Indian word given to a small partridge whose male is very jealous and engages in fierce fights with its rivals. Hence the name, as Capoeira blends elements of dance, music, rituals, acrobatics, and fighting.

Anyone can find some form of identity in Capoeira. Let's take, for instance, someone who lives in a big city. He will probably see Capoeira as a martial art or as a form of self-defence. The intensity

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November 19 @ 16:00 (Thu)
Capoeira, an Afro-Brazilian tradition: is it an art, a game or a dance?

The International club invites you to this fantastic exhibition combining music, dance, and martial arts in an incredible, energetic experience.

The best professional Brazilian "capoeirista" in town will be with his group at SDU to perform Capoeira for the International Club.

A must-see event!

More details about located at SDU, provided later.

November 20 @ 17:00 (Fri)
Yoga class at SDU

Sira, the yoga class teacher for the International Club, will be with us to introduce the traditional Indian physical and mental discipline and to give us a yoga class.

Everyone can participate! It is an excellent opportunity to improve your fitness and lifestyle.

More details later on.

November 25 @ 17:00 (Wed)
Interesting discussion organized by Work in Denmark and Fynsk Erhverv: "Keep your international staff happy working in Denmark"

The main issues will be: difficulties with the new cultural codes and society and the complexity of 'settling in' for international employees and their families.

If you are interested in taking part, please sign up at:

sse@workindenmark.dk before 18/11
Free entrance, limited places.

of the city and the challenges that he faces everyday make him a natural "warrior", and he brings this instinct into Capoeira's circle. Brazilians call Capoeira a game. Capoeira is "played", not fought.

The ritual game begins with two players squatting in a circle, or roda, of spectators. The players rest at the feet of a single-stringed instrument, or berimbau, and one player sings a commencement song.

A berimbau is a one stringed, bow shaped instrument with a gourd attached to one end to give resonance. A drum, called an atabaque, and a pandeiro (tambourine) are also played.

"This circle is the most exciting part of Capoeira", *Instructor Itabora, Santa Cruz.*

"The game of Capoeira requires the use of intuition and foresight and does not rely solely on the use of physical strength. During the game the capoeiristas skillfully expose the limitations of their opponents and engage in playful attacks and counterattacks thus better enabling themselves to discover their personal power", *Professora Marcia Cigarra*

"Its subtle blending of gymnastics and dance moves make the Capoeira game unique in the world of martial arts. The challenge for the player is to harmoniously meld together, in a powerful flow, the balance and flexibility of acrobatics, the grace and strength of dance, the speed and cunning of the fight, and the rhythms of the music. If these components are isolated, the essence of Capoeira is lost", *McGuire - East/West Journal*

Although there is no point system, and no official winners or losers, players can be disqualified for falling into a seated position or, in some forms of Capoeira, using their hands to strike. Some speculate that the lack of hand use in Capoeira harkens back to an ancient Kongo saying: "hands are to build, feet are to destroy."

Modern martial artists have two main choices for Capoeira techniques and philosophy. Angolan Capoeira is the more traditional form, with slow, dance-like steps while Regional Capoeira relies much more on high-energy acrobatics.

