

BRADESTINO



NOVEMBER 2024 NEWSLETTER

Brazil is more than a Travel Destination

**WELCOME TO MY NOVEMBER 2024
BRADESTINO® NEWSLETTER**

BLACK AWARENESS DAY BRAZIL

Black Awareness Day, known as Dia da Consciência Negra, is celebrated in Brazil on November 20th every year. It is a day dedicated to acknowledging and celebrating the contributions of Black people to Brazilian society, as well as reflecting on the history of slavery and the ongoing struggles against racism and inequality. The date was chosen to honor the death of Zumbi dos Palmares, a leader of the Quilombo dos Palmares, a significant community of runaway slaves in the 17th century.

Events, parades, and performances are organized in cities across Brazil. These often include traditional Afro-Brazilian music and dances such as samba, capoeira, maracatu, and candomblé (a major Afro-Brazilian religion).

Public celebrations also feature exhibitions of Afro-Brazilian art, poetry, and literature, showcasing Black culture and heritage.

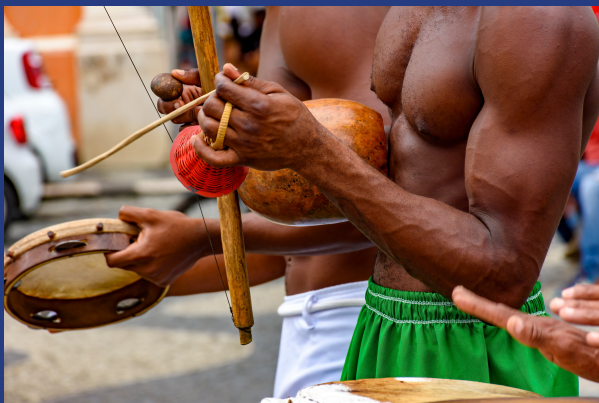


Don't Miss Out!

My Next Newsletter of **DECEMBER 2024**

- Christmas & Year End Festivities in Brazil

Capoeira Brazil



Capoeira is a traditional Afro-Brazilian martial art that combines elements of dance, music, and acrobatics. It is known for its fluid, graceful movements and is often described as a "game" rather than a fight. Practitioners of capoeira, called capoeiristas, perform in a circular formation known as a roda (which means "circle" in Portuguese), where they engage in a friendly "duel" or exchange of movements, often accompanied by music and singing.

**CHECK MY WEBSITE
FOR MORE INFORMATION**

BRADESTINO®

<https://bradestino.com/>
info@bradestino.com



The berimbau is a traditional Afro-Brazilian percussion instrument that plays a central role in capoeira, where it sets the rhythm and tone of the game. It is considered the primary instrument in capoeira music and has a unique sound that is instantly recognizable.

The berimbau consists of a bow-shaped wooden rod (usually made from biriba wood), a gourd (called a "cabaça") attached to one end of the rod, and a metal string (often made of steel or wire) stretched across the length of the rod. The gourd acts as a resonator, amplifying the sound produced by the string. The instrument is played with a small stick (called a "baqueta") and a coin or stone (called an "agogo") that is used to mute or alter the pitch of the string. The player strikes the string with the baqueta and uses the agogo to press on the string to change the sound.

Capoeira has deep roots in the African diaspora in Brazil, specifically originating among enslaved Africans during the colonial period. It was developed as a way for enslaved people to defend themselves, often disguised as a dance to avoid punishment from their Portuguese masters. Over time, capoeira evolved into a more formalized practice, gaining recognition as both a sport and cultural expression.