

Caterina Violi  
**Monitora Caterina**

### **Capoeira Experience:**

9 years of regular training - movement and music.

1 year as a trainee teacher at the London School of Capoeira

2 years of performance experience with the London school of Capoeira

### **Capoeira qualification**

Caterina was awarded the Monitora Belt in June 2015.

### **Academic qualification**

M.A. in Economics, Trinity College, University of Cambridge, 2009

### **Why did I choose Capoeira and the London School of Capoeira**

For me Capoeira is a wonderful way of training both the body and the mind.

It is an exciting way of getting to know another culture and

of connecting first hand with the history of Brazil and the African Diaspora.

I consider myself to be very lucky to have trained at the LSC, a school where professionalism, care for the individual student and respect for tradition are second to none.

### **About Monitora Caterina**

Caterina Violi started studying Capoeira in 2007 with Professor Lagartixa (Capoeira Ca Pra Gente) and later on at the London School of Capoeira under Mestre Silvia Bazzarelli and Mestre Marcos Dos Santos. In 2015 she was awarded the Monitora grade (cordão branco e verde) from the Masters of the London School of Capoeira.

Over the years, Caterina has been training in a style of Capoeira which is fluid, versatile, visually impressive and technically demanding. She has taken part in a number of events and workshops with masters of international calibre, performed in a number of cultural and artistic events worked on projects with children and young people in schools in and around London. Today, Capoeira is very much an integral part of Caterina's life, something she is committed to carrying on and passing on to others.

### **About LSC Capoeira Herança Italia**

In September 2015, having moved back to Italy after more than twelve years in the UK, Caterina set up LSC Capoeira Herança Italia under the supervision of the Masters of the London School of Capoeira. The school runs classes for adults and children in the cities of Follonica and Grosseto (Southern Tuscany) and is the first one of the LSC lineage permanently based in Italy.