

Formado Andrew

Andrew Tilling was looking for a new challenge when he started capoeira at the age of 31. Initially drawn to the non-violent and fluid nature of capoeira, Andrew has trained consistently since 2006 with teachers and masters of the London School of Capoeira.

In June 2016 Andrew graduated from the LSC and became a 'formado', a formed capoeirista, a journey he found to be consistently both challenging and rewarding; stretching himself physically, artistically and linguistically. He now supports his wife Monitora Caterina Violi at LSC Capoeira Italia in Tuscany.

A passionate advocate for the cross cultural benefits capoeira brings, he enjoys the freedom of expression the style of LSC offers while playing in the roda.

Andrew is an experienced teacher of many other disciplines including performing arts, business skills, leadership and communication. No matter your age, skill or limitations, his creative approach to supporting Monitora Caterina's teaching inspires motivation and a commitment to find a way to succeed, to break through barriers and to progress in this exhilarating art form.