

## **Agnes Folkestad**

Capoeira Contra Mestre

### **Capoeira Experience:**

25 years of training Capoeira

1990-1996 training, performing and teaching with London School of Capoeira

1996 Founded Oslo Capoeira Klubb, Norway, with Contra Mestre Gerard Taylor

1996-present: Teaching, performing and promoting Capoeira in Oslo

### **Capoeira qualification:**

Awarded Contra Mestre belt at The London School of Capoeira Batizado: October 2010

### **Academic qualification:**

BA (Hons) Theatre, Dartington College of Arts 1992

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

I started training with the London School of Capoeira because a fellow student at my theatre school had done a summer workshop with Mestre Silvia Bazzarelli and highly recommended her classes. I already had an interest in physical theatre, dance and acrobatics, and capoeira was a new challenging form I completely fell in love with.

The teaching was serious and well structured, pedagogical yet very playful and fun. The masters created a very nice atmosphere for learning and we students had a great time experiencing this quite foreign form together.

I appreciate the London School of Capoeira`s approach to the teaching. The instructors care for the details, and the tradition, as well as following up individual development in the capoeira training. I have always trusted them as serious and dedicated teachers, professional in their running of the school.

The play, improvisation and the musical side of capoeira have always filled me with joy. The performance of capoeira movements are extremely good for overall fitness and general physical and mental wellbeing.

Capoeira has been a big part of my life, giving me many opportunities to meet new people of all cultures and backgrounds, travelling internationally to numerous events, being part of a whole capoeira tradition.

Capoeira is great, and I thank my Masters at the London School of Capoeira for all the joy they have given me by sharing their art-form!