Fascinating Facts – Zum Zum Zum

Capoeira, is an amazing martial art from Brazil - there is nothing quite like it!

The History:
It's a mix of amazing acrobatics, graceful dance and rhythmic music. Originally it was practiced by slaves brought from Africa to Brazil. The African slaves disguised it as a dance by putting music to it and making it non-contact. But when slave masters discovered it was a powerful martial art, they banned it. Fortunately, it survived and is hugely popular today. It is said that some of hip hop's dance moves originally came from Capoeira moves!

How it is done:
Two people go inside the circle or 'roda', and play Capoeira, doing all the acrobatics. The people around the circle clap, sing and play instruments. Zum Zum Zum is one of the songs they sing. Roda is said choda - like 'ch' from loch!

Watch a Capoeira performance here: https://www.youtube.com/watch?v=Z8xxgFpK-NM
Here is a community playing with instruments : https://www.youtube.com/watch?v=FYwAG0tO8Oc

It is a non-contact martial art, so the trick is to avoid being touched by your opponent. The fun part is trying to catch each other out. It's a bit like playing 'tig' but with acrobatics and music! You have to be very quick witted and move out of the way fast!

If you play Capoeira, you are called a 'Capoeirista'.
Listen to the song Zum Zum Zum played here: https://www.youtube.com/watch?v=-SufUq4M0EY

The Music:
Capoeira's musical instrument are: **the Berimbau;** a unique instrument made from a hollowed-out calabash fruit, a bent wooden pole, some wire, a stick and a stone. You beat a rhythm on the wire with the stick, while pressing the stone against the wire to change the note - tricky!

Watch how a Brazilian Berimbau is played here: https://www.youtube.com/watch?v=p6PJyL2ERaY

The Caxixi : said 'Ca shi shi'; is a shaker made from basket, leather and with dried beans inside.

The Pandeiro: which is similar to a tambourine.

And a **Atabaque Drum**: which is a tall drum, made from wood, rope and cow hide.