



# A Street-Smart Song: Capoeira Philosophy and Inner Life

*Nestor Capoeira*

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## **A Street-Smart Song: Capoeira Philosophy and Inner Life** Nestor Capoeira

*A Street-Smart Song* delves into the boundless philosophical depths of capoeira, the fascinating synthesis of Brazilian dance and self-defense. Drawing from a wide range of sources—the streets of Salvador and Rio de Janeiro, the teachings of the old masters Pastinha, Bimba, and Leopoldina, and the brutal economic realities inflicted on the poorest of Brazil—Nestor Capoeira paints an indelible portrait of this living art, its spiritual heritage, and its vital place in a world hypnotized by media and crushed by poverty. The traditional poems and songs of capoeira are here, along with the author's lively discussions of everything from the space age and television's impact on third world culture to Candomble and capoeira's life-changing lessons. Rounding out this absorbing cultural survey are historical photos, sketches of weapons and instruments, and fully illustrated fighting movements, taught step by step.

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