TENEO
SA'S NO.1 ONLINE SCHOOL

CAPOEIRA valente

Martial Arts - Brazilian

Ages 3 - 18+

Develop skills in non-contact martial arts, Portuguese language, Brazilian and African heritage and movement

In-Person Activity



About

Capoeira is a 400 year old Brazilian Martial art that combines attacks, defenses, flowing movement, acrobatics and music to form this beautiful art.

Although disguised as a dance, and at first glance seems like a display of choreography, capoeira in its simplest form is an extremely effective form of self-defense.

What makes this art form so special is the ability to "play" while challenging your body, mind and soul.

Location

In-Person Location
1st Bryanston Scout Hall, 40 West Hertford Rd, Bryanston, Sandton

Duration

In-Person:

- Wednesdays (15:30-16:30)
- Saturdays (09:15-10:15)

Cost

R850 per month

Monthly debit order

Who can join?

Ages 3 - 18+



Learner responsibilities

Attend 1 - 2 classes per week

Ready to sign up?

Fill in your details to make an enquiry or join us for a fun-filled experience.

Join now

What our parents say...

A community and a family that care in growing and nurturing all the students that pass through its doors, from the youngest to the oldest. My child started at the Academy in May, and I have seen such a positive change that I am joining as well. You will never regret the decision to join!

Ralene Levy
Parent

Dance, Fight, Fly, with Brazilian Martial Arts

Discover the mesmerizing world of Capoeira Valente, the Brazilian martial art that combines dance, acrobatics, and combat.

