

“The **Capoeira** as an educational practice helps the development of the individual”, which is to say, initially, autonomy and the breaking of paradigms, because in the past *Capoeira* was seen as a violent practice. In this paradigm shift, *Capoeira* is used in the educational process to help develop attention, concentration, motor coordination, discipline and respect for differences among people. Another practice is the teaching of how to play the instruments used in *Capoeira*, such as: Pandeiro, agogô, berimbau, atabaque, reco-reco, as well as the revival of old songs; Ladainha, Corridinho, Quadra, Chula.... There are also Samba circles and the famous Maculelê.

Considering all these practices, at the Social Centre Coração de Maria Adelaida, we apply *Capoeira* as part of a workshop on caring for oneself and others, because *Capoeira* encompasses self-care, mind, movement, inclusion and empathy.

We also learn about our ancestors’ struggles for equality, as *Capoeira* was once used for self-defence, unity and celebrations.

In these few words, we highlight the importance of *Capoeira* in the curriculum of the Social Centre Coração de Maria Adelaida, located in Alto de Ondina, an area of great social vulnerability in the city of São Salvador, Bahia, with the highest black population, gradually reclaiming its history and its contributions to the country at all levels.