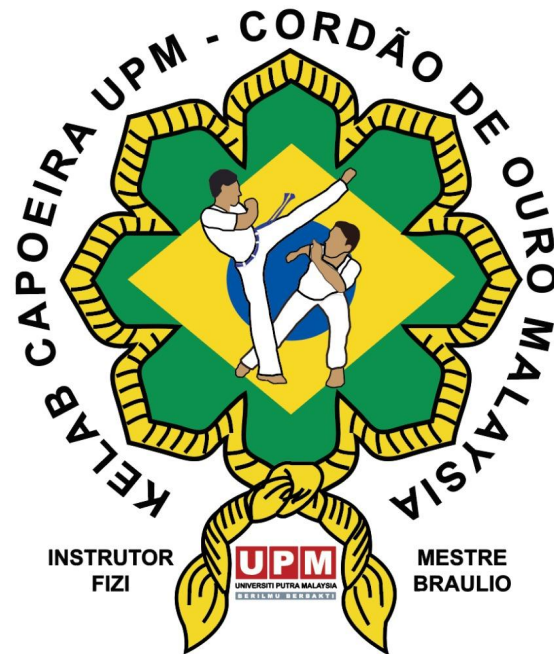




Kelab Capoeira UPM

Introduction

What is Capoeira?

Capoeira is an Afro-Brazilian martial art that combines elements of dance, acrobatics, music, and self-defense.

It originated in Brazil among enslaved Africans and is now practiced worldwide.

Capoeira is known for its fluid movements, rhythmic music, and the use of instruments such as the berimbau, pandeiro, and atabaque.



Benefits of Practicing Capoeira

- Improves physical fitness: strength, flexibility, balance, and coordination
- Boosts self-confidence and discipline
- Encourages creativity and self-expression
- Promotes teamwork and social interaction
- Provides stress relief and mental well-being



How Capoeira Builds Soft Skills (Kemahiran Insaniah)

According to the Ministry of Higher Education (KPT, 2006), there are 7 key soft skills (kemahiran insaniah) for students:

1. Communication

Capoeira develops clear, confident, and effective communication through music, singing, and teamwork in the roda.

2. Leadership

Students learn leadership by guiding group activities, leading songs, and supporting others in training.

3. Teamwork

Capoeira is trained and played in pairs and groups, building strong relationships and cooperation to achieve shared goals.

4. Lifelong Learning

Members are encouraged to seek new knowledge, learn new movements, and adapt to new challenges in capoeira.

5. Moral and Ethics

Capoeira teaches respect, responsibility, and ethical decision-making in both training and daily life.

6. Critical Thinking and Problem Solving

Players analyze situations, respond creatively, and solve problems during play and training.

7. Entrepreneurship

Capoeira inspires initiative, planning, and the ability to identify and pursue new opportunities, such as organizing events or workshops.

Capoeira is more than a martial art. It is a holistic activity that helps students develop essential life skills for success in university and beyond.

To read more about How Capoeira Builds Soft Skills (Kemahiran Insaniah), you can download my e-book (Tingkatkan Kemahiran Insaniah Dengan Capoeira) here:

<https://fizicapoeira.com/e-book-kemahiran-insaniah/>

Capoeira in Action – Watch & Learn

Capoeira is not about fighting, but about playing!

In Capoeira, we "play" (jogar) with our partner in the roda, using movements, kicks, acrobatics, and music to create a dynamic and expressive game.

Even though it looks playful, Capoeira techniques can be used for self-defense, and the training improves fitness, stamina, flexibility, and coordination.

It's a fun exercise that makes you want to keep coming back!

Watch this video to see how we play Capoeira:



<https://www.youtube.com/watch?v=7nYL0dcSpi8>

Capoeira Music – Learn & Play

Music is the heart of Capoeira! Every roda is guided by traditional instruments and songs that set the rhythm, energy, and style of the game. All members are encouraged to learn and play Capoeira music, which is an important part of our training and culture.

Learning Capoeira music helps you:

- Understand the culture and history
- Improve rhythm and coordination
- Participate fully in the roda (capoeira circle)
- Have fun and connect with others

All members will have the opportunity to learn and play these instruments and songs during club activities!

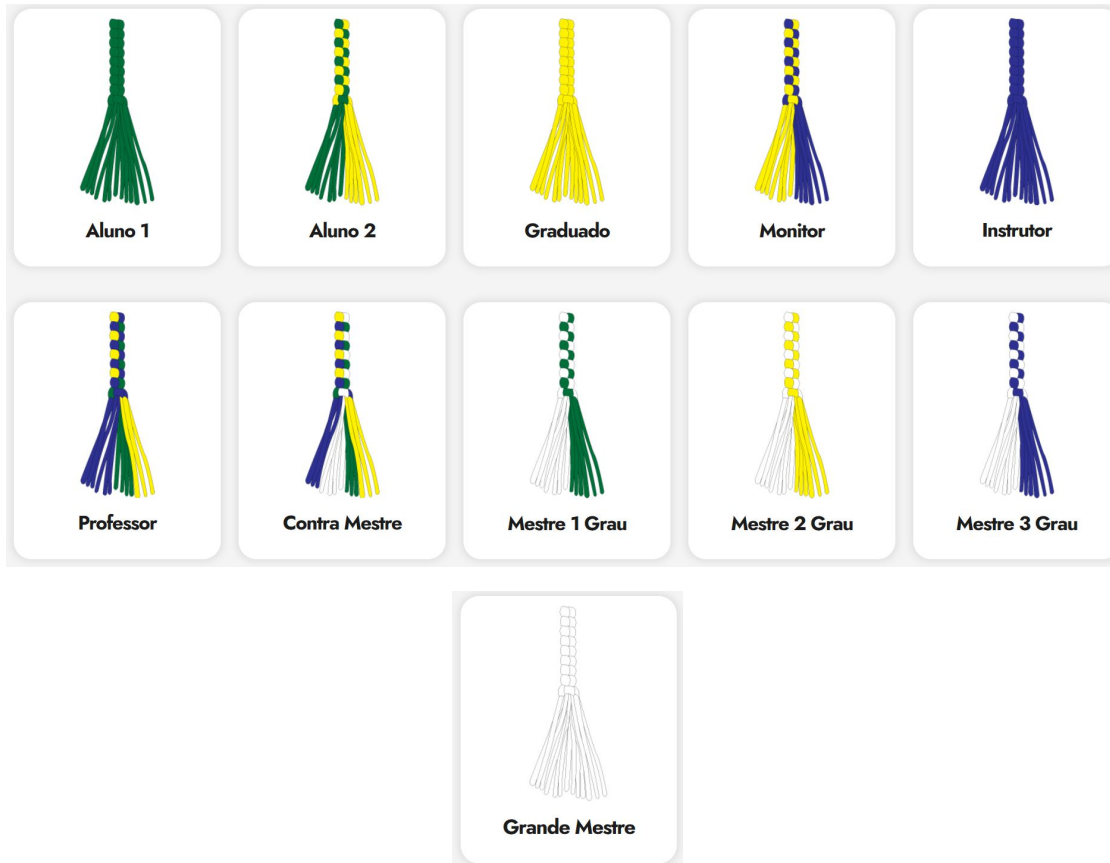
Watch this video to see how we play Capoeira music:



<https://www.youtube.com/watch?v=3wAxg4mD3g4>

Capoeira Belt System

Kelab Capoeira UPM uses a colored belt (cordao) system to represent a practitioner's progress and experience.



Capoeira in Malaysia & UPM

- Capoeira is growing in Malaysia, with clubs and events in major cities
- Kelab Capoeira UPM aims to introduce and develop capoeira culture on campus
- Opportunities to join workshops, performances, and inter-university events



Instrutor Fizi

Fizi Ali, known as Instrutor Fizi, began his capoeira journey in 2000.

He attended Malaysia's first Capoeira Workshop in 2002 and founded the MMU and UIAM university capoeira club.

In 2005, Fizi trained in London under Mestre Poncianinho (Cordão de Ouro), learning from many renowned mestres worldwide.

Returning to Malaysia in 2009, he established clubs at local universities and co-founded Capoeira Cordão de Ouro Malaysia in 2012. Fizi was awarded the rank of Instrutor in 2025.

He also holds **Sports Science Course Certificate** (National Sports Council), **Facilitator Certificate for Credit-Bearing Co-Curriculum Course** (Kursus Kokurikulum Berkredit UPM), and has taught capoeira at schools, universities, and gyms across Malaysia.

Instrutor Fizi is dedicated to promoting capoeira as a holistic, educational art for all ages.



Who can join?

- Open to all UPM students and staff
- No prior experience required – beginners are welcome!
- Suitable for men and women of all ages and fitness levels



Training Info:

- Location: UPM Serdang Campus
As our class venues may vary depending on availability, the exact location will be announced in our WhatsApp group before each class.
- Training Schedule:
Semester-based (details will be sent via WhatsApp)
- Led by experienced instructors
- Classes include warm-up, basic movements, music, acrobatics, and roda practice



Frequently Asked Questions (FAQ)

Q: Do I need to be fit or have martial arts experience?

A: No! Capoeira is beginner-friendly and suitable for all fitness levels.

Q: What should I wear?

A: Wear comfortable sports attire, preferably long pants. Uniforms (abadá) are available for members. You can wear sports/martial art shoes.

Q: Is there a class fee?

A: Capoeira class for UPM student is FREE. However there is a minimal fee for UPM staff, to support club activities and training.

Q: How do I get updates?

A: All info and updates will be sent via WhatsApp after registration.

Contact:

If you have any questions regarding Capoeira, the club, or anything else, you can message me directly:

- Facebook Messenger:

<https://m.me/fizi.cdo?text=Hi%20Sir%20Fizi>

- WhatsApp:

<https://wa.me/60175500540?text=Hi%20Sir%20Fizi>

Ready to join?

Booking now to book your class:

<https://booking.capoeiraupm.com/>