

## Os Malandros de Mestre Touro – Dallas

Capoeira Angola de Sao Bento Grande

Dallas Malandros is the North Texas branch of the San Diego group, Os Malandros de Mestre Touro, led by Mestre Preto Velho. We offer classes in the African-Brazilian martial art of Capoeira Angola. Our group emphasizes the African roots of Capoeira and the combative aspects of the martial art. Classes are open to everyone, of all ages, genders and ethnicities. Young children under 7 years old should always be accompanied by an adult throughout the duration of the class. Anyone interested can try the first week of class free.

**Website:** [www.dallasmalandros.com](http://www.dallasmalandros.com)

**Administrative Contact:** Nigel Boyd, 214-444-3692

**Location:** South Dallas Cultural Center  
3400 S. Fitzhugh Ave.  
Dallas, Texas 75210

### Class Schedule

Tuesday and Thursday 7:00 pm – 8:45pm	Saturday 10:00 am - 12:00 pm
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(Approximate times. Class schedule may vary according to facility availability and hours of operation)

### Class Fees

Adults \$80 per month or \$15 per class	Under 18 \$40 per month or \$10 per class
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### General Class Guidelines

- Students are expected to follow instruction and to behave appropriately and respectfully to fellow class members and instructor(s) at all times.
- The basic attire for class is a plain white shirt and plain white pants. No specific brand is required. Students are not required to purchase pants and shirts immediately.
- In class, students train with shirts tucked in and no shoes or socks. Any unnecessary accessories such as jewelry, watches, phones, etc. should be removed. Valuables should be left at home.
- Visitors and guests are always welcome, but those not participating should avoid behaviors that might disrupt the class such as taking phone calls or entering and leaving the room frequently.
- No recording is allowed in class without first getting the permission of the instructor(s) before class is underway. Copies of all photos and recordings should be provided to the group.

### General Requirements for Physical Health

Capoeira is a demanding martial art and classes involve strenuous physical exercises and combative type activities that may lead to related types of physical injuries. By participating in class you acknowledge that you understand and accept responsibility for these risks.

Also, by choosing to participate in class, you are confirming that you have no serious medical conditions which would preclude you from engaging in strenuous physical activity. These include but are not limited to conditions such as heart problems, respiratory issues, serious joint or muscles injuries, or infectious diseases transmitted through contact.