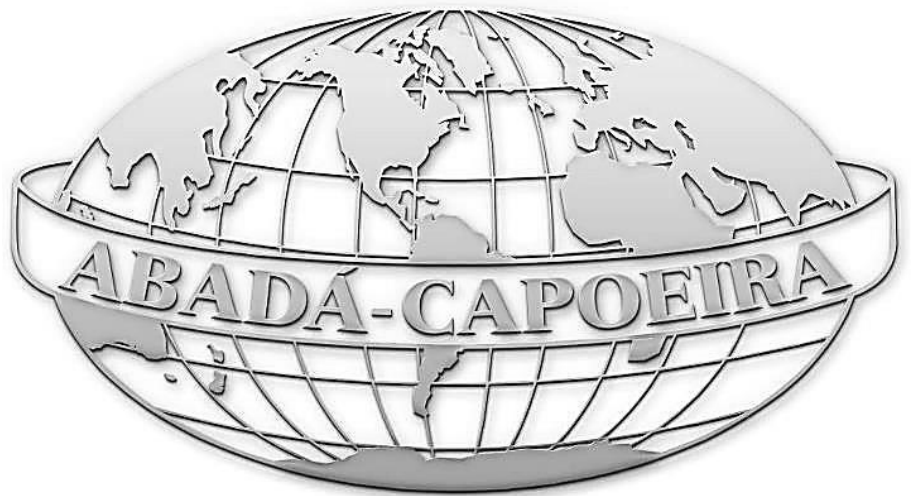


Abada DC

2022/23 Annual Report



LETTER FROM THE PRESIDENT

Abada-Capoeira DC (ACDC) began its 15th year with a list of goals to meet, and we're very pleased with what we have accomplished. Among other things our social activities gained momentum and our financial goals beat expectations.

We saw new student enrollment increase for the first time since 2019. We always do our best to break down barriers that prevent students from participating in classes, therefore we chose to stay with our in-person/virtual hybrid model for those who still wanted to train and grow their capoeira skill but sometimes just can't make it to class. Our Portuguese language lessons became more regular as we learned pronouns, conjugation, and subject-verb agreement, in addition to vocabulary. Different capoeira songs were highlighted monthly as we learned the actual words and the meaning of each song. Due to these and other important lessons, the past year has seen an increase in song participation and deeper meaning of Brazilian culture.

This year saw us resume our pre-2020 early May Batizado schedule. Students worked hard all year to improve their capoeira skills and had the opportunity to attend workshops led and assisted by some of the most accomplished capoeiristas in the world. We had the privilege of attending a discussion with these capoeiristas where we learned about the ongoing training and dedication it takes to become a world champion. Most everyone attending these workshops increased their skill level and many students received new cordas at the Batizado ceremony.

Being our 15th Anniversary celebration, students rehearsed for months to learn dance and song performances presented during the Batizado ceremony. We also held the Inaugural ACDC Capital Games which was attended by capoeiristas from all over the US and many ACDC students competed and won medals. We look forward to hosting the ACDC Capital games on a regular basis and welcoming all Abada capoeiristas who wish to compete.

We resumed in person social activities with a visit to the local waterpark where we spent the day sunning, swimming, floating down the lazy river and deepening our ACDC bond. Through the year we also explored local parks and celebrated holidays, birthdays, and our 15th Anniversary.

Our fundraising efforts were well received and performed far above our expectations. We learned that a bake sale in the middle of the summer heat collected far more funds than anticipated and has now become our annual summer fundraiser. Our annual batizado raffle brought in more funds than ever before due to an increase in the number of prizes, plus the value and diversity of prizes available. We hope to continue this trend for future raffles.

As always, ACDC is dedicated to promoting cultural and human values based on respect, freedom, and equality. We stand in solidarity with those that continue the crusade against these societal ills and acts of senseless injustice. We ask you to do your part, educate yourself, look for credible organizations genuinely working toward helping the cause. We know there are many ways to help, but it all starts from listening to those hurting and understanding that we all need to do our part. Always be kind to one another.

#ACDCStrong
Nycole (Cigana) Klein
President, ABADA-Capoeira DC

Abada DC Mission

The mission of ABADÁ-CAPOEIRA DC is to promote, spread, and support Brazilian arts and culture through the practice of Capoeira, and to use our practice of Capoeira and associated arts to build a healthy and more closely connected community within the Washington, D.C. Area. We are organized to accomplish charitable and educational goals including working to lessen socio-economic inequality.

Background

ABADÁ-CAPOEIRA believes that the study of Capoeira involves dedication to all the various aspects of the art, including the relentless pursuit of technical mastery of the physical elements of Capoeira; constant evolution of the technique to improve efficiency and prevent injury; understanding of and reverence for Capoeira's rich history; individual competence and knowledge of the music and instruments of Capoeira; preservation and recovery of the instruments, rhythms, and games of Capoeira; and participation in the larger Capoeira community, in Brazil and throughout the world.

ABADÁ-CAPOEIRA's teaching methodology is both challenging and supportive, rooted in the belief that encouragement and positive role-modeling enable Capoeira to enrich the lives of all students, regardless of skill level or background. ABADÁ-CAPOEIRA provides all students with leadership skills and tools to develop into competent professionals.

ABADÁ-CAPOEIRA in the Washington, D.C. Area shares the name and philosophy with the international organization of over 70,000 members, founded in 1988 by Mestre Camisa, and based in Rio de Janeiro, Brazil. The acronym ABADÁ-CAPOEIRA, translated into English, stands for "Brazilian Association for the Support and Development of the Art of Capoeira."

Abada-Capoeira DC Values and Philosophy

Our work is inspired by commitment to principles that include:

- positive appreciation for diversity;
- equal respect for each and every individual's contribution to our community;
- personal integrity, honesty, and accountability;
- demonstration of leadership by serving as a positive role model;
- lifelong pursuit of education and knowledge; and
- cultivation of community, a sense of belonging, and camaraderie.

Following in the footsteps of and traditions initiated by the founder of ABADÁ-CAPOEIRA, Mestre Camisa, we teach Capoeira with a view of using the practice of the art as a tool for individual and communal growth. Pursuit of technical mastery of Capoeira movements is intended to promote discipline and mental and physical awareness. With mastery of movements, students gain the ability to participate in group Capoeira play called a "roda," or circle, which requires and helps players to develop creativity. As students progress in skill, they transform into the teachers of the next generation, developing their leadership potential and building a closer community. Students and teachers alike serve the broader community as artistic and cultural resources by sharing the art of capoeira through public performances. Throughout the world, ABADÁ-CAPOEIRA promotes social integration among people of different backgrounds, and instills good character and dignity in its students. We pursue these goals by coming together regularly outside of classes to share celebrations, and to give back to our community through activities, including blood donations, street cleanings, and food, toy, clothing collections.

Abada-Capoeira DC Board of Directors

Nycole Klein

President

John Patton

Director

Yara Cordeiro

Treasurer & Executive Director

Ruth Lezama

Director

Thu Do

Secretary

Liane Agulto

Director

"Abada Capoeira DC is a welcoming community of martial artists that helped me gain the confidence to improve my physical, spiritual, and emotional health. I have made great friends here who are supportive of my Capoeira journey and I am grateful to learn alongside passionate individuals who come from different cultural, physical, and religious backgrounds. Our teacher stressed the importance of maintaining an inclusive space where everyone feels respected and included regardless of age, sexuality, race, and gender identity which really resonated with me. I highly recommend anyone to come out and try a free trial class!"

(Mathew "Vivaz")

2022/23 Goals

- ✚ Promote superior quality Capoeira training including regular classes, trips to special events and trainings, and musical and cultural education. We aspire to:
 - ✓ Recover to pre-covid number of students
 - ✓ Implement the scholarship program for at least 5 students (3 kids / 2 teens-adults)
 - ✓ Promote the 13th batizado, workshops, and 1st ACDC games with a Master Guest Instructor
 - ✓ Receive approval for at least one grant
 - ✓ Execute at least 4 fundraising activities
- ✚ Share the art and history of Capoeira with our community and country. We aspire to:
 - ✓ hold regular outdoor rodas;
 - ✓ offer public demonstrations in schools, for civic groups, and at events like community festivals;
 - ✓ Improve the social Media outreach.
- ✚ Exert a positive influence on our students, families, and community. We aspire to:
 - ✓ organize food, toy, blood, and clothing drives;
 - ✓ keep the “Adopt a Road” campaign, bringing awareness about the importance of keeping the city clean; and
 - ✓ host student and family group bonding activities.

2022/23 Goals Report

During the 2022/2023 year the final COVID restrictions were lifted and we were able to resume our normal activities with more people attending in-person classes, music & instruments class, and social activities & outreach. We chose to stay with our in-person/virtual hybrid model mostly because with the covid pandemic, we had some students leaving far from DC taking advantage of the virtual class to get back training and also, some of the VA students would take advantage of the classes in MD and vice-versa. We still had some students who chose to suspend their capoeira training during the pandemic choosing not to return but we also start to see new students enrolling for classes. We had a total of 33 new students joining our program. We had 110 people experiencing capoeira through our free trial class service.



- ✚ We kept our outdoor classes all the way to the end of October, enjoying the joy of our classes in the park. With the cold weather of the winter, all classes have moved indoors but the fun is still the same. And on Saturdays even more with kids and adults training together. Once /month we encourage the students to bring guests to join them in class and learn more about capoeira and Brazilian culture.

✚ Learning capoeira is not just a physical activity, it is a life experience. We learn songs, language, history, and much more! The students even got to learn how to repair their berimbaus (main musical instrument in capoeira) in one of our Saturday classes. And with the batizado approaching, we also learned how to prepare the cordas (graduation “belts”) for the graduation!



✚ Our Mommy (or Daddy) & me summer class for kids 2 to 5 years old, became a year-round program



✚ We had a few more performances than the previous year in several schools and parks in the DC metro area, at the JCC in Rockville and we participated once again in a performance alongside with the cultural group Ologunde



✚ We also appeared on TV at the local news with Fox 5, showcasing and talking a little about what is capoeira!



✚ And On May 20th, Abada-Capoeira DC had the pleasure to participate in the first of a series of Pop-up event organized by the Art of Living Foundation in preparation for the WORLD CULTURE FESTIVAL to be held at the DC mall from Sep 29- Oct 31, connecting millions of people who long for more unity and less division.



✚ We also repeated the classes offered as part of a summer camp in VA. We were invited as well to offer capoeira classes at John Hopkins University as part of the Portuguese/Brazilian Culture/Soccer program they have.



✚ We resumed our trips for events in CA, NY and Puerto Rico and we received the visit of guests from around the globe.





Class with Mestre Fabio
(capoeira angola)



Visit of Instrutora Jabuticaba



Visit and class with Professor Cabuenha



✚ We even had the opportunity to join Mestre Camisa in an online class to end the year. Hundreds of students from Abada-Capoeira all over the world participated and Abada-DC joined as well!

✚ In 2023 we celebrated our 15th anniversary with the traditional Batizado (graduation ceremony) and workshops and we promoted the first edition of ACDC Capital Games open to capoeiristas from all over the US. We had guests coming from Brazil, Canada, Puerto Rico and many USA locations to exchange experiences and also to compete and the ACDC students were able to get a total of 20 medals in multiple categories in the competition. We receive the visit of instructors, professors and Mestres from out of town for some experience exchange and we also connected for classes online with Mestre Camisa, the president and founder of Abada-Capoeira worldwide.

15 Years of memories

15 years ago, Professora Yara made the decision to move to the US to spread Brazilian culture and create a community through the practice of capoeira. It was never an individual challenge, many people helped to make this possible and this past month we had a series of events to celebrate this milestone. To our families, friends, students and capoeira colleagues that supported us, we would like to thank you all for helping us throughout this journey.



- ✚ We continued, as it is very important to us, promoting successful social campaigns of charitable significance helping to build the sense of belonging and responsibility among the students for the community of which they are a part. We maintained our community outreach activities such as our VDOT street cleanings of Newbrook Drive in Chantilly, VA, our batizado food drive to benefit Manna of Gaithersburg, MD, a mental health awareness campaign, a winter clothing drive to benefit Women Giving Back and a donation of diverse items for Goodwill in VA.



Our fundraisings were a combination of virtual campaigns and few in person activities such as bake sale, garage sale. In every case, the items left at the end were donated to some organization assisting the community.



Our social activities resumed as well and we had a great turn-out for our Halloween hike/roda, a water park day during summer, our Holiday Party and our Anniversary Aulão (big class). We also went to Brazilian Music concerts, and we were able to promote our Kids Capoeirathon once again, after a couple of years hiatus due to the pandemic.



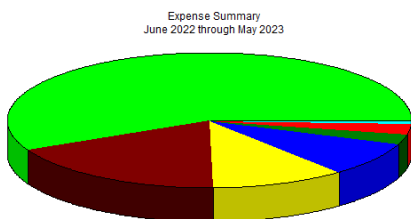
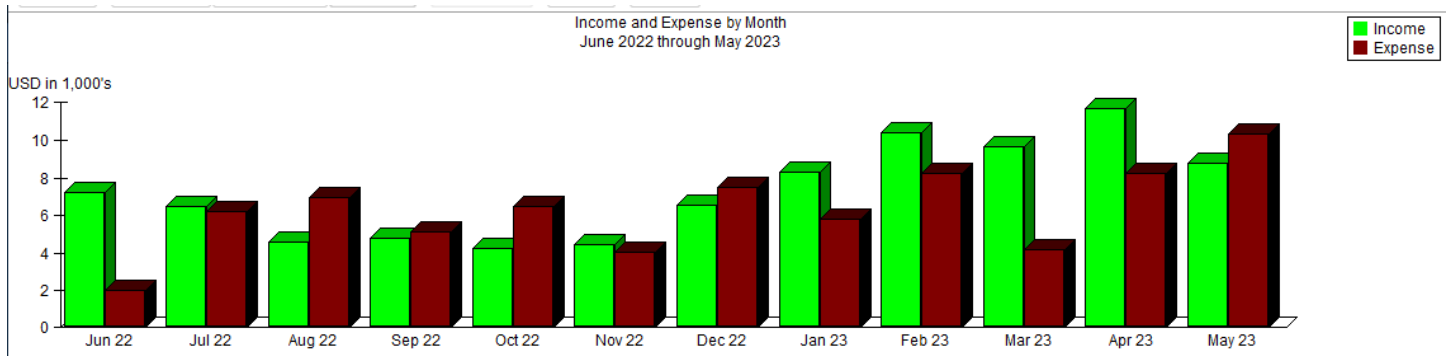
Financial Report

In comparing the 2022-23 proposed and final budgets, we are able to report that we recovered from the pandemic lows and had a Net Income much higher than we expected. As a result of new students' enrollment, increase on general public support and the success of our 15th anniversary events.

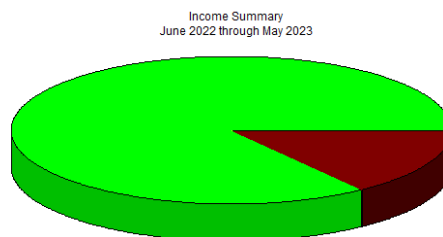
Once again, we kept a very high percentage (83%) of the regular expenses dedicated to the programs, and only 17% used for administrative costs. All fundraising was conducted at no cost to the organization as they were promoted by students, and the profits were later donated to the organization.

In a closer look of our month-to-month income vs expense graphic, it's noticeable the reduction in our income during the summer months with many students travelling for the summer. It took us still a while to recover, but by the end of the year we had it back to almost pre pandemic numbers. The expenses in the first month of our fiscal year (June 2022) were exceptionally small because we had over paid for some administrative expenses in May and the difference was adjusted in June. We also increased the focus in fundraising during fall and winter to prepare for our 15th anniversary celebrations in the spring and that is also reflected in our income. The expensed in the months of February, April and May also went up with the costs of these celebrations, but overall, we were able to cover all of it and have a positive balance.

This has been a better year after a long period of challenges due to the pandemic, but we hope that the worst of it is past us and that we can now look forward and invest in new projects.



Payroll Expenses	57.44%
Facilities and Equipment	18.10
Contract Services	10.92
Operations	8.21
Other Types of Expenses	2.68
Travel and Meetings	2.56
Business Expenses	0.07
Total	USD75,062.42



Program Income	85.16%
Direct Public Support	14.84
Investments	0.01
Total	USD87,146.95



2022-23 PROPOSED BUDGET**Ordinary Income/Expense**

Income	
Direct Public Support	
Individ, Business Contributions	10,000.00
Total Direct Public Support	10,000.00
Investments	
Interest-Savings, Short-term CD	5.00
Total Investments	5.00
Program Income	
Batizado	7,000.00
Performance	1,000.00
Tuition	50,000.00
Total Program Income	58,000.00
Total Income	68,005.00
Expense	
Business Expenses	
Business Registration Fees	55.00
Total Business Expenses	55.00
Contract Services	
Accounting Fees	4,500.00
Outside Contract Services	3,500.00
Total Contract Services	8,000.00
Facilities and Equipment	
Rent, Parking, Utilities	13,000.00
Total Facilities and Equipment	13,000.00
Operations	
Merchant fees	2,200.00
Postage, Mailing Service	20.00
Printing and Copying	200.00
Software-others	1,000.00
Supplies	300.00
Wellnessliving software	1,500.00
Total Operations	5,220.00
Other Types of Expenses	
Insurance - Liability, D and O	650.00
Meals	400.00
Total Other Types of Expenses	1,050.00
Payroll Expenses	
Taxes	3,000.00
Wages	35,000.00
Total Payroll Expenses	38,000.00
Travel and Meetings	
Travel	2,000.00
Total Travel and Meetings	2,000.00
Total Expense	67,325.00
Net Income	680.00

2022-23 FINAL REPORT**Ordinary Income/Expense**

Income	
Direct Public Support	
Individ, Business Contributions	12,929.23
Total Direct Public Support	12,929.23
Investments	
Interest-Savings, Short-term CD	3.87
Total Investments	3.87
Program Income	
Batizado	10,429.98
Performance	1,875.00
Tuition	61,908.87
Total Program Income	74,213.85
Total Income	87,146.95
Expense	
Business Expenses	
Business Registration Fees	55.00
Total Business Expenses	55.00
Contract Services	
Accounting Fees	4,200.00
Outside Contract Services	4,000.00
Total Contract Services	8,200.00
Facilities and Equipment	
Rent, Parking, Utilities	13,589.50
Total Facilities and Equipment	13,589.50
Operations	
Merchant fees	3,393.10
Postage, Mailing Service	8.40
Printing and Copying	66.11
Software-others	678.76
Supplies	444.03
WellnessLiving software	1,575.60
Total Operations	6,166.00
Other Types of Expenses	
Insurance - Liability, D and O	642.00
Meals	1,294.86
Transport	77.32
Total Other Types of Expenses	2,014.18
Payroll Expenses	
Taxes	3,143.12
Wages	39,975.53
Total Payroll Expenses	43,118.65
Travel and Meetings	
Travel	1,919.09
Total Travel and Meetings	1,919.09
Total Expense	75,062.42
Net Income	12,084.53

2023/24 Goals

- ✚ Promote superior quality Capoeira training including regular classes, trips to special events and trainings, and musical and cultural education. We aspire to:
 - ✓ Recover to pre-covid number of students
 - ✓ Implement the scholarship program for at least 5 students (3 kids / 2 teens-adults)
 - ✓ Increase paid classes outside of regular training (schools, private schools, senior homes)
 - ✓ Promote the 14th batizado, workshops, and 2nd ACDC games with a Master Guest Instructor
 - ✓ Increase number of ACDC Capital Games participants
 - ✓ Receive approval for at least one grant
- ✚ Share the art and history of Capoeira with our community and country. We aspire to:
 - ✓ hold regular outdoor rodas;
 - ✓ offer public demonstrations in schools, for civic groups, and at events like community festivals;
 - ✓ Improve the social Media outreach.
- ✚ Improve our fundraising capacity. We aspire to:
 - ✓ Execute at least 4 fundraising activities
 - ✓ Create & maintain business support list to use for Batizado sponsorships
 - ✓ Create & Maintain raffle prize donation list
- ✚ Exert a positive influence on our students, families, and community. We aspire to:
 - ✓ organize food, toy, blood, and clothing drives;
 - ✓ keep the “Adopt a Road” campaign, bringing awareness about the importance of keeping the city clean; and
 - ✓ host student and family group bonding activities.

ABADA-CAPOEIRA DC

A 501(c)(3) nonprofit organization

**For more information about our organization or to register for a trial class
Please visit our website or email us**

(301) 947 5806 | www.abadadc.org | info@abadadc.org

Classes held at:
12104-B Wilkins Ave - Rockville MD (Tuesdays, Thursdays and Saturdays)
14119 Mariah Ct - Chantilly VA (Wednesdays and Fridays)

To contact us by mail or to send a donation, please mail to:
144 Barnsfield Court – Gaithersburg MD, 20878
(Your donation to us is tax-deductible to the extent allowed by law)