

<b>Dona Maria do Camboatá</b>	<b>Version: Updated</b>
<b>Online link to practice:</b> <a href="https://www.youtube.com/watch?v=Xm8ZOQ7VObU">https://www.youtube.com/watch?v=Xm8ZOQ7VObU</a>	<b>C4R Core Values:</b> Dona Maria, Mrs. Mary, Camboatá, ginga. <b>Key words:</b> Gender equality, Health and wellbeing

<b>Portuguese</b>	<b>English</b>	<b>Arabic</b>
Dona Maria do Camboatá	Mrs. Mary from Camboatá	السيدة ماري من كامبواتا
Ela chega na venda ela manda botar <b>Dona maria do camboatá</b> Ela chama o menino e manda comprar <b>Dona maria do camboatá</b> Se não tem, se não acha ela manda trocar <b>Dona maria do camboatá</b> É do camboatá, é do camboatá <b>Dona maria do camboatá</b> Volta na venda pra reclamar <b>Dona maria do camboatá</b> Ela chega na venda e começa a gritar <b>Dona maria do camboatá</b> Ela chega na venda e começa a gingar <b>Dona maria do camboatá</b> Ela chega na venda e dá salto mortá <b>Dona maria do camboatá</b> É do camboatá, é do camboatá <b>Dona maria do camboatá</b>	She arrives at the market stall <b>Mrs. Mary from Camboatá</b> She orders (someone) to buy (something) (for her) <b>Mrs. Mary from Camboatá</b> If you don't have, she will go back to exchange <b>Mrs. Mary from Camboatá</b> She's from Camboatá, from Camboatá <b>Mrs. Mary from Camboatá</b> She goes back to the stall to complain <b>Mrs. Mary from Camboatá</b> She goes back to the stall to bargain <b>Mrs. Mary from</b>	وصلت إلى السوق طلبت (شخصاً) لشراء (شيء) (لها) السيدة ماري من كامبواتا إن لم يكن لديك، ستعود للمبادلة السيدة ماري من كامبواتا هي من كامبواتا، من كامبواتا السيدة ماري من كامبواتا تذهب إلى السوق لتشتكي السيدة ماري من كامبواتا تذهب إلى السوق للمساومة السيدة ماري من كامبواتا تذهب إلى السوق لغينغا (لتلعب بالأرجوحة) السيدة ماري من كامبواتا عادت وقفزت قفزة انتحارية السيدة ماري من كامبواتا هي من كامبواتا، من كامبواتا

	<p><b>Camboatá</b> She goes back to the stall to ginga (swing)</p> <p><b>Mrs. Mary from Camboatá</b> She goes back and makes a sducidal jump</p> <p><b>Mrs. Mary from Camboatá</b> She's from Camboatá, from Camboatá</p>	
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Historically, Capoeira was a male dominated activity. However as times have changed so too has Capoeira. Today some of the best capoeiristas and Mestres in the world are female.

This song speaks about Camboatá, a place in Bahia, the birthplace of Capoeira. Dona Maria is a symbol for every woman, and this song talks about a very assertive one, who works hard and is not scared to play capoeira in the roda. It sends a message that Capoeira is for everyone, including women and girls.

- What do students think about girls/females playing Capoeira?
- Why might women have started playing Capoeira more and more?
- What do students think about the woman in this song, who is playing assertively in the Roda?

هنا نتحدث مرة ثانية عن الدونا ماريا المرأة القوية ز هذه الاغنية تتحدث عن  
إمرأة لديها الكثير من الثقة بالنفس ز التي تعمل بجد ولا تخاف من احد. من يعمل  
بجهد عالي و لا يخاف يلعب بالهوداا

