

D. Garrett Brown

Capoeira Instructor

Nick Name: Mille

Tell us about yourself:

I was born in Jamaica and grew up in Detroit, MI. I started training capoeira in September 1996 and, because of my training, have taught and performed in many different countries including Brazil, Canada, Mexico, France, England, China, Japan, and all of the United States.

Why do you do teach Capoeira?

I love capoeira for its rich history and the tools that it provides to its practitioners. Through my own training, I've developed an acute awareness of my surroundings, balance, flexibility, strength, and multitude of fellow practitioners whom I am fortunate enough to have as friends in many places throughout the world. Simply stated, I believe in Capoeira's ability to make each individual a better person.

Personal:

Favorite Book: The Wolf's Hour

Favorite Subject in school: History

Favorite TV Shows: The Wire and Fraiser

Favorite Color: Orange

Favorite Food: Anything my mother or grandmother makes

Favorite Event: A capoeira roda

Favorite things to do outside of the gym: write, photography, travel, read.

Favorite Quote:

"One should always know the difference between living life and merely existing."

Something we didn't know about you:

Someday soon, I'd like to publish a novel.

Website:

<http://www.cdobayarea.com> - We are a branch of the world renowned Cordão De Ouro capoeira group that began in Brazil in the 1960's. [Contra Mestre Chicote](#), under the guidance of [Mestre Suassuna](#), created this branch in 2004.