



[ResilienceCharter.org](http://ResilienceCharter.org)

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### Capoeira Dress Code Information

Although Resilience Charter School has a minimal formal dress code, it is required that students taking Capoeira dress in clothing appropriate for the class. Capoeira involves many high kicks and a vigorous workout. If your child is wearing a dress or skirt, please have them wear or bring shorts to wear underneath. Instructor Samurai warns that if a student wears skinny jeans, they will knock themselves off their feet during a high kick. Please make sure students wear clothes in which they can comfortably kick.