

Press kit

Director: Ricardo Koanuka

Producer: Christina Wallin

Production Company: Koanuka Films & Marketing

Country of production: Sweden

Supported by: Film i Skåne, BoostHBG, Film Centrum Syd, Malmö stad and Koanuka Films & Marketing

Length: 00:27:24

Subtitles: English

Production year: 2016

Rights: All distributions rights available

Screenings

Selected to the following film festivals:

- Göteborg Film Festival (Gothenburg, Sweden)
- New Doc, Tempo Film Festival, (Stockholm Sweden)
- Winner at Picture This (Calgary, Canada)
- European Film Festival Integration You and Me (Polen Koszalin)
- Poland, International Film Festival Breaking Down Barriers VIII (Moscow Russia)
- The Other Film Festival (Melbourne Australia)

Awards: Honourable Mention for Documentary 10 to 30 minutes at Picture This (Calgary, Canada)

Audience:

- People who seek inspiration and motivation to follow their own path through life and make choices that may not be the values of general society with a resilience mind-set.
- People how want to feel their self-value
- People who want to master difficult conditions or pain. Healthcare providers and support groups for people with physical disability.
- Entrepreneurs.
- Practitioners of capoeira and other material arts, sport and dance or cultural expression.
- Individuals and families with physical disability.

Film category/keywords: equality, self-worth, mindset, Latin-American, Afro-Brazilian culture, Brazil, capoeira, national-sports, slavery, freedom of speech, personal story, health, disability, dance, art, philosophy, music, entrepreneurship, faith, ideology, culture, health, poverty, favela/slum

Presentation text to distributors

Resilience is a strong slice of life documentary about Meia Lua - who through inspiring and unbelievable resilience overcame low self-esteem with a resilient mindset and became **the first known capoeira master with paralyzed legs**.

In the film we get to experience how Meia Lua's strength through his unique thought processes and how he manages internal conflicts and the constant external resistance, in everyday life. It's an inspiring look at a person finding solutions to live on his own terms, being a father and being at peace, despite tough conditions.

The film really succeeds in sharing the joy of self-expression, rhythm and inspires to discover our own self-worth through the Brazilian way of being happy.

Resilient mindset

Dr. Michael Ungar, Co-Director of the RRC, has suggested describing resilience as follows:

"In the context of exposure to significant adversity, resilience is both the capacity of individuals to navigate their way to the psychological, social, cultural, and physical resources that sustain their well-being, and their capacity individually and collectively to negotiate for these resources to be provided in culturally meaningful ways."

On self-esteem

Several authors consider self-esteem to be part of resilience on the individual level (Kumpfer,1999; Masten & Coatsworth, 1998).

According to the National Institute of Mental Health (NIMH), approximately **one out of every 4 adults** will suffer from a psychological disorder in any given year, **the majority of for which low self-esteem is an underlying factor**. In relation to a

population poll conducted by the Census Bureau, that translates to a staggering 57.7 million people in the US, and nearly 8 million in Canada.

Capoeira

Capoeira was developed by African slaves in Brazil in order to preserve their strength, culture and spirit, and is today inscribed in the UNESCO Representative List of the Intangible Cultural Heritage of Humanity.

Capoeira is an Afro-Brazilian cultural practice, simultaneously a fight and a dance, that promotes mutual respect and social cohesion. The movements require great bodily dexterity. Capoeira comprise a master, counter-master and disciples. The master is the guardian of the knowledge that is learnt by other participants through observation and imitation.

According to IPHAN, the practice of capoeira is present in more than **150 countries** besides Brazil, among them, the United States, France and Belgium. (source: Communication Advisory of the Ministry of Culture).

Atlas do Esporte Brasileiro, found that there are **6 million practitioners of capoeira in Brazil** in 2006.

Salvador is a city situated on the northeast part of Brazil of the Atlantic coast, **80% of the population are descendants from African** slaves. Salvador is known as the 'lucky land' and capital of capoeira.

Capoeira was born from the pursuit of freedom, which became prominent during the period of colonization, with Brazil being one of the last countries to abolish slavery in 1888. Capoeira still exists as an artistic type of material art that expresses dance, music and a fight for freedom, a fight that is still present on many different levels of today's society.

Disability

The movie shows us that we don't have to be bound and limited to our physical disabilities and society's stigmatization.

There are **over 50 million** disabled people in Latin America & the Caribbean (LAC) – approximately **10% of the region's total population**.

Disability is one of the direct cause and consequence of poverty. About 82% of disabled people in LAC live in poverty, which in most cases also affects family members.

Disabled people tend to experience widespread exclusion from the social, economic and political life of the community, whether due to active stigmatization or to the neglect of their needs in the design of policies, programs and facilities.

Logline

In a shantytown of Brazil a man refuses to let his mindset or physical disability prevent him from living a full life, become the first known capoeira master with paralyzed legs and to fulfill his dream of being able to live with his son.

Short synopsis

Meia Lua was living a normal life in a shantytown in Brazil as a child, until his legs became paralyzed due to a mistake made by the doctor. He develops his own way of walking, using his arms as legs and his hands as feet. Through his technique he become the first know capoeira master with paralyzed legs.

He begins his day by climbing over 700 steps in order to get to the bus station. There he performs and makes a living by using his sandals as drumsticks and the bus interior as drums.

After his divorce Meia Lua is forced to live among criminal gangs that makes it unsafe for his son. However his son's only wish is to be able to stay with his father.

Synopsis

Meia Lua was living a normal life in a shantytown in Brazil as a child, until his legs became paralyzed due to a mistake made by the doctor. During this period he suffered from embarrassment, pain and the struggle of readjusting to his new life.

Over time, he came to realize what was really paralyzing him – his mind, perception of self and the wheel chair.

As a result and a lot of persistence he develops his own way of walking, through using his arms as legs and his hands as feet. Meia

Lua was introduced to Busha, a man who is in a similar situation as him. Much like Meia Lua, Busha was also adamant that his physical disability would not prevent him from living a full life, taking part of any everyday situation and pursuing his passion - capoeira. Meia Lua also decides to learn Capoeira, a challenging type of material art born from the resistance against slavery. He becomes the first known capoeira master with paralyzed legs, which gives him courage to live, using his own drive and entrepreneur skills.

Just getting around in the city proves to be a challenge, especially when climbing up 700 steps in order to get to the bus station. Here he gets his daily income through performing, using his sandals as drumsticks and the bus interior as drum.

After his divorce Meia Lua has no other choice but to live amongst criminal gangs, such condition makes it unsafe for his son. However his son's only wish is to be able to stay with his father.

Quotes from Meia Lua

"If I don't climb, I'm going to create... Something that will dominate my mind."

"We can never let barriers put us down."

"I realized, I was already happy without knowing it."

"I don't feel limited, because it is only ourselves that create our disabilities."

"I feel very grateful for being alive and to feel this power that God gives to me and to others."

"Life is only beautiful for those who know how to live it."

Director and producer

Director, editor and photographer

Ricardo Koanuka (born in 1978 in Brazil, Bahia, Salvador). Ricardo has coordinated students of photography and reportage journalism in Brazil from 2004 - 2007. From 2009 to 2011 he study film at the Glokala Folkhögskolan with practice at the local TV channel. In 2012 he founded the production company Koanuka Films.

A word from Koanuka:

"Capoeira (Brazilian material art) was my first passion. In capoeira there is a tradition to choose a master. I chose my master when I met Meia Lua who got around through using his arms as legs and

hands and feet, as his legs were paralyzed. Many had prejudgment about my choice since Meia Lua could not do the basic steps due to his disability. **I learned with him to be the owner of my thoughts despite any circumstances.** I followed my passion and made my first documentary on Meia Luas mindset.

When the audience watched Resilience they started to recognize their power to construct their life. The feedback from the audience made me discover that my life purpose was related to give other courage to embrace their uniqueness."

More info: www.ricardo.koanuka.com

Line-producer and photo

Christina Wallin (born 1987 in Sweden, Skåne, Sjöbo) producer at Koanuka Films & Marketing.

Christina studied photo- and journalism in Brazil through an Norwegian university. She lived in a host family and after her studies she stayed as a freelance journalist for Bohuslänningens AB and h:ström Text & Kultur. She continuous her studies in Sweden at Malmö university within media. She is now producer at Koanuka Films & Marketing.

"With the documentary Resilience I was curious how we all can have access to the mental strength and self-worth, we carry within us."

About Koanuka Films & Marketing

Fusion of the production company and advertising agency in Malmo that story tell and communicate a human dynamics behind the brand.

Our customers' challenge is that they need guidance in order to convey their authenticity. Koanuka is best in using dramaturgy, capture moments, directing and creating script, that captures the human dynamics behind the brand.

Your brand is what makes you unique. We can all use a name that will help us stay in touch with our soul. Our name is Koanuka.

With the documentary Resilience we want to challenge expectations from the society and break paradigms. We believe

this movie will inspire people to be themselves and the consequence of this is more happiness in the world.

Contact

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