

Cambridge Hip Hop Week 2006 Review

Over the Easter Holidays from April 10th - April 14th 2006 SIN Cru in association with The Centre At St Pauls and Cambridge City Council, ran it's sixth annual Hip Hop week. Five days of intensive dance, art & music courses: essentially Hip Hop school for kids... and adults!

WWW.SINCRO.CO.UK IN ASSOCIATION WITH THE CENTRE AT ST. PAUL'S & CAMBRIDGE CITY COUNCIL PRESENTS...

CAMBRIDGE HIP HOP WEEK APRIL 10TH-14TH 2006

DURING THE EASTER HOLIDAYS SIN CRU ARE RUNNING INTENSIVE DANCE, ART & MUSIC COURSES AT THE CENTRE AT ST. PAUL'S

<p>COURSE #001 BODY CONDITIONING WITH MENTAL PLANNING MONDAY ONLY 5:30PM - 6:30PM SNAP UP FOR DANCE! STRETCHING AND STRENGTHENING TO HELP INCREASE MOBILITY AND STRENGTH FOR GENERAL WELL BEING AS WELL AS FOR DANCE RELATED PURPOSES SUITABLE FOR AGES 10YRS+ COST: £4</p>	<p>COURSE #002 GRAFFITI CUSTOMISATION WEDNESDAY ONLY TUESDAY ONLY 1PM - 5:15PM AN INTRODUCTION INTO SIMPLE & EFFECTIVE CLOTHING CUSTOMISATION. LEARN HOW TO TRANSFORM YOUR OWN GRAFFITI DESIGN FROM PAPER ONTO CLOTHING USING FREEMARK AND STENCIL ART TECHNIQUES SUITABLE FOR AGES 8YRS+ COST: £12</p>	<p>COURSE #003 LOCKING WEDNESDAY ONLY TUESDAY ONLY 5:30PM - 6:30PM BACK BY DOPE DEMAND! OPEN FOR ALL LEVELS, THIS EXCITING CLASS WILL EXPERTLY GUIDE YOU THROUGH TECHNIQUES INCLUDING LOCKS, UNCLE SAM POINTS & WIGGLE BOLLS. SUITABLE FOR AGES 10YRS+ COST: £4</p>	<p>COURSE #004 BEATBOXING WEDNESDAY ONLY WEDNESDAY ONLY 3:15PM - 5:15PM WORKING WITH A VARIETY OF VOCAL AND BEATBOX TECHNIQUES, YOU WILL LEARN HOW TO MAKE MUSIC WITH YOUR MOUTH WITH THE OPPORTUNITY TO PERFORM AT URBAN SINFONIE DESIGNED FOR ALL ABILITIES SUITABLE FOR AGES 10YRS+ COST: £7</p>	<p>COURSE #005 POPPIN' WEDNESDAY ONLY WEDNESDAY ONLY 5:30PM - 6:30PM AFTER SELL OUT CLASSES ANOTHER OPPORTUNITY TO SPEND AN EVENING WITH EAST ANGLIA'S FINEST POPPER! YOU WILL LEARN BASIC POPPIN' MOVES INCLUDING ISOLATIONS, GLISSANDS & THE MOONWALK THROUGH TO COMBINATIONS SUITABLE FOR AGES 8YRS+ COST: £4</p>	<p>COURSE #006 HIP HOP DANCE WEDNESDAY ONLY TUESDAY ONLY 5:30PM - 6:30PM FROM NEW JACK RUNNING MAN TO MUSIC VIDEO JAGZ & CRAZY BOOTY SHAKING, A FUN AND ENTERTAINING WAY TO BURN OFF CALORIES AND LEARN A ROUTINE WHICH YOU CAN PERFORM AT URBAN SINFONIE SUITABLE FOR AGES 10YRS+ COST: £4</p>	<p>COURSE #007 PHYSIO FOR DANCERS WEDNESDAY ONLY PHYSIO/HEALTHY THURSDAY ONLY 6:30PM - 7:30PM A VALUABLE OPPORTUNITY FOR ADVICE & PRACTICAL DEMONSTRATIONS ON PREVENTION AND AFTER CARE FOR DANCE RELATED INJURIES PARTICULAR TO BREAKERS SUITABLE FOR AGES 11YRS+ COST: £3</p>
<p>COURSE #008 M.C WORKSHOP WEDNESDAY ONLY THURSDAY ONLY 5:30PM - 6:30PM IN THIS HIP HOP, RAP & POETRY WORKSHOP WITH ONE OF THE UK'S FINEST MC'S YOU WILL WRITE, FREESTYLE & LEARN HOW TO USE WORD PLAY. YOU WILL BE ABLE TO CREATE YOUR OWN RAP WHICH YOU CAN PERFORM AT URBAN SINFONIE SUITABLE FOR AGES 8YRS+ COST: £12</p>	<p>COURSE #009 DJ SKILLS FOR BEGINNERS WEDNESDAY ONLY THURSDAY ONLY 1PM - 5:15PM LEARN THE ART OF TURNTABULARISM INCLUDING BASIC MIXING TECHNIQUE & BEAT MATCHING. YOU WILL HAVE THE CHOICE TO WORK TOWARDS YOUR OWN SET WHICH YOU CAN PERFORM AT URBAN SINFONIE SUITABLE FOR AGES 10-17YRS IMPROVED SUITABLE FOR 13-16YRS COST: £7</p>	<p>COURSE #010 BREAKIN' FOR BEGINNERS WEDNESDAY ONLY THURSDAY ONLY 1PM - 5:15PM A FOCUSED COURSE TAKING YOU THROUGH THE FOUNDATIONS OF BREAKIN' & INTRODUCING BASIC MOVES WITH THE OPPORTUNITY OF PERFORMING AT URBAN SINFONIE SUITABLE FOR AGES 4YRS+ COST: £2.7</p>	<p>COURSE #011 BREAKIN' FOR IMPROVERS WEDNESDAY ONLY THURSDAY ONLY 1PM - 5:15PM AIMED AT THOSE WHO ALREADY HAVE EXPERIENCE OF SIN CRU BREAKIN' WORKSHOPS, & A FIRM UNDERSTANDING OF THE DANCE FORM, YOU WILL DEVELOP YOUR SKILLS & STANDING TOWARDS A PERFORMANCE AT URBAN SINFONIE SUITABLE FOR AGES 10YRS+ COST: £2.5</p>	<p>COURSE #012 BREAKIN' MASTERCLASS WEDNESDAY ONLY THURSDAY ONLY 1PM - 5:15PM AN INTENSIVE WEEK LED BY SOME OF THE SPECIAL GUESTS TO PUSH LIMITS AND DISCOVER NEW PHYSICAL BOUNDARIES READY FOR THE URBAN SINFONIE BATTLES SUITABLE FOR THE INTERMEDIATE & ADVANCED LEVEL BREAKERS COST: £10-12* THIS IS AN APPLICATION</p>	<p>COURSE #013 GRAFFITI ART WEDNESDAY ONLY THURSDAY ONLY 10AM - 12PM OVER THE WEEK, YOU WILL LEARN HOW TO CREATE SIMPLE PIECES FROM PAPER DESIGN THROUGH TO SPRAED TOARDS. YOU WILL BE SHOWN HOW TO DO BASIC TECHNIQUES INCLUDING FILLING IN, TAPPING & OUTLINING YOUR FINAL PIECE WHICH WILL BE DISPLAYED AT URBAN SINFONIE SUITABLE FOR AGES 10YRS+ COST: £2.5</p>	<p>OTHER ACTIVITIES TUESDAY 7PM - 8PM CIRCUS TRICKS WITH STEVE MANTON OF THE GREAT BRITAIN CIRCUS COLLEGE SUITABLE FOR JUNIORS & ADVANCED LEVEL BREAKERS COST: £4 WEDNESDAY 7PM ONWARDS HIPHOP KARAOKE RAP-A-LONG! JOINED BY MICHAEL JACKSON SUITABLE FOR JUNIORS & ADVANCED LEVEL BREAKERS COST: £4 THURSDAY 7:30PM - 9PM HIPHOP QUIZ DESIGNED BY THE GREAT BRITAIN CIRCUS COLLEGE COST: £2.50 FOR ALL EVENING THURSDAY 7:30PM - 9PM TRAINING URBAN SINFONIE COST: £2 THURSDAY 3PM - 5PM HIPHOP SEMINAR SPECIAL GUESTS FREE ENTRY</p>

Courses in all the Hip Hop elements were on offer again to the absolute beginner up to the more advanced Hip Hop head. On the dance side the ever popular **Breakin'**, **Locking**, **Poppin'** & **Hip Hop Dance** were available along side workshops designed to help physical well being: **Body Conditioning** and **Physio For Dancers**. The Breakin' masterclasses were taught by some of London's first generation of B-Boys: **Drew & Skam** from well respected **Foundationz** crew, **Ill Boogs** as well as Edinburgh's **BGirl Remady**. Working with the groups they gave battle advice and training with the Fridays **Urban Sinfonie** battle in mind.



Graffiti Art and **Graffiti Customisation** represented the visual side. Participants worked on lettering styles and technique in the Art workshop before taking to the boards and spraying them

in the forecourt, which were later displayed at **US06**. The Customisation workshop enabled the kids to work on t-shirt designs & graphics which were then spray painted on to the tees using stencils, and later modelled at the **US06** fashion show



MCing, DJ Skills & Beatboxing represented the audio elements. **Zebra Traffic** Recording artist and renowned freestyle battle MC **Life** from acclaimed UK crew **Phi Life Cypher** ran the **MC** workshop. The budding mc's learnt how to write rhymes, feel the beat and battle it out verbally 8Mile style. **DJ Prone & Ill Boogs** showed beginning & improving turntablists how to get busy on the wheels of steel and local UK beatbox champs finalist **Gummy** returned to show how to make music with your mouth.



The wednesday saw an entertaining evening of activities including **Hip Hop Karaoke**, the **Hip Hop Quiz** & a Hip Hop relevant film screening. Karaoke was classic, with an allstar line up of **SIN Cru** accountant **Sam** as **Rebel MC**, **Kilo** as **Vanilla Ice**, **Trubl Roc & Polly** as **Whistle**, **Curious George & Sam** as **Eminem & Elton John**, **Soul Baby & Leigh** as **Outcast**, **Isla & Chi Boogie** as **Salt 'n' Peppa**, **Lauren & Leo** as the **Black Eyed Peas** and last but not least winners **Bgirls Rude, Sarah** and the all singing all dancing **4True** doing **Outcast's "Hey Ya!"**



The pub style **Hip Hop Quiz** saw heads dropping knowledge to submitted questions being asked by special Hip Hop quizmaster: **Baloo** from **The Nextmen's** dad! - **Mr Ellis**. The evening ended with a showing of **Mad Monkey Kung Fu**, one of the original films that inspired **Ken**

Swift and Rock Steady Crew to take elements of Kung Fu and incorporate them into Breakin’.

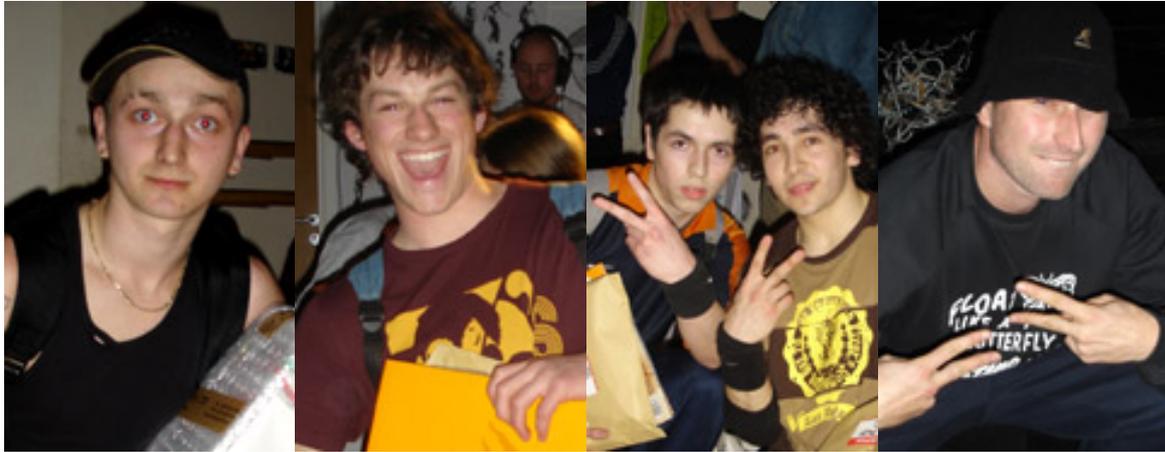


Once again **Urban Sinfonie** brought **CHHW06** to a close on the Friday night. The DJ workshop kids kicked off the event with their individual sets followed by performances by participants from the various **CHHW06** courses - showcasing the skills they picked up over the five days. For the local B-Boys & B-Girls who are too young to go to clubs or travel to other events **Urban Sinfonie** is the highlight of their dance year. It gives them the chance to battle older more experienced dancers who otherwise they would only see on videos. The **Beginners Breakin’** workshop circle warmed things up nicely for the proceeding battles.



The **St. Mathews** vs **St.Pauls** kids crew battle was first up, the hyped up kids brought battle attitude, routines & a new energy to the floor. Winners for the second year in a row: home

team - **St.Pauls**. Dancers from all over the **UK** came through to represent in the battles: **Edinburgh, Northampton, Coventry, Brighton, Norwich, London** & even **France** were in the house. DJ's **Prone** (globalfunkradio.com/Dedbeat/Battle Jam) **Ben Swift** (The Essence/Nonsinthetic) & **Credit One** (Tuff Stuff Crew) rocked the turntables. Judges were **Ufoe** from **Tuff Stuff Crew**(London), **Pervez** from **Live to Break** (London) & **SIN Cru's** own **Trubl Roc**.



The individuals winner was **Chico** who battled his way through beginner BGirl **Jade** & the non-stopping **Swift** ending up facing the mysterious **Mystery Man** in the final. The 2on2's winner for the second year in a row was **Ill Boogs** (Born 2 Rock/Sinstars) & **Ben Jammin'** (Sinstars) who took on new generation rockers **Nate & Rich** (Born 2 Rock/Sinstars), the celtic styles of B-Girls **4True** (JNR Sinstars) & **Remady** (Mean Feet/Sinstars/ Edinburgh) and meeting the new to the scene flavour of **Brothers Grim** in the final.



The **Poppin'** battle had grown since last year with a crew of poppers & funk style dancers on the

London scene making the effort to travel up and represent their dance form. The first round was a showcase with **Alpa, local Sarah, Lil Budda, Carlos, Dickson, Alpas younger brother,** and the unstoppable **Swifty**. **Alpa** & his brother, **Carlos & Dickson** went through with the final being **Carlos vs Dickson** with **Carlos** taking it. Judges: Cambridge's own **Mach1** and **Zia** (Born 2 Rock / London)

CHHW06 Courses in order of popularity and numbers attended:

- 23** Poppin
- 23** Breakin' Beginners
- 19** Hip Hop Dance
- 17** Graffiti Customisation
- 15** Locking
- 14** Body Conditioning
- 14** Graffiti
- 11** Breakin' Improvers
- 9** MC
- 9** Physio for Dancers
- 5** DJ Beginners
- 4** DJ Improvers
- 2** Beatbox

We had **174** people in attendance at **US06** taking **£487.50** on the door. Again post event feedback has been very positive with participants and punters alike recognising our efforts to keep real Hip Hop alive, from the flyer design through to the event itself...

"Wicked flyer!!!!!!!!!!!!!! ...nice to be on it "

"That flyer is pure style!"

"Props to the SIN Cru for putting US06 on, was a good fun jam without any of the politics crap. Also good to see what you've been putting back into the scene, some of those kids are gonna be dope in a couple of years."

"Thanks for a good evening... worth the 272 mile rounds trip! P.S. All of the next generation live in Cambridge!"

"An enjoyable event! Nice to see alot of young talent! mad props to everyone! "

Respect and thanks to all the dancers who came through and everyone who ripped up the open circles.

Thanks go to **John Quysner** at **Centre at St. Pauls**, **Elaine Shortt**, **Alice @ Redbull** for giving our footwork wings! Our continually supportive friends at **Addict, Puma, LRG Clothing, Mecca USA, Supreme Being Clothing, Eastpak, Jelly Belly, Sport Beans & Zebra Traffic Records** for believing in us and of course their super fresh prizes!!! Additional sponsors this year

sourced both locally and internationally were **Echo Unlimited**, **Power House Books NYC** with help from **Nika @ We B-Girlz** in Germany & **Claire** at **Turnaround Books**, funk & soul music specialist **Unisex Records** & **Harmless Records** and the only local company that helped out **Dogfish** clothing store.

Thanks also to **Jonzi D** & **Sadler's Wells** who donated tickets to **Breakin' Convention** as well as **The British Film Institute** & **The National Film Theatre** who gave tickets to a screening of **"The Freshest Kids"** and **"Redder than Red"** to the winning dancers.

A new angle on sponsorship was to approach companies not associated with Hip Hop culture, **Pixar & The Science Museum** liked the educational angle we have and happily gave us passes to Pixars incredible exhibition **"20 years of animation"**. Untill **CHHW07...**

