

Cambridge Hip Hop Week 2005 Review

Over the Easter Holidays from March 28th - April 1st 2005 SIN Cru in association with The Centre At St Pauls and Cambridge City Council, ran it's fifth annual Hip Hop week. Five days of intensive dance, art & music courses: essentially Hip Hop school for kids... and adults!

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

CAMBRIDGE HIP HOP WEEK MARCH 28TH-APRIL 1ST 05

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 THURSDAY ONLY 11:00AM - 12:15PM</p> <p>SHAPE UP FOR DANCE! STRETCHING AND STRENGTHENING TO HELP INCREASE MOBILITY AND STRENGTH FOR GENERAL WELL BEING AS WELL AS FOR DANCE RELATED PURPOSES</p> <p>SUITABLE FOR AGES 13+ COST: £4</p>	<p>COURSE #002 PHYSIO FOR DANCERS MONDAY ONLY 10:00AM - 11:00AM</p> <p>A VALUABLE OPPORTUNITY FOR SERVICED & PRACTICAL SUBSCRIBERS ON PERFORMANCE AND AFTER CARE FOR DANCE RELATED INJURIES</p> <p>SUITABLE FOR AGES 17+ COST: £8</p>	<p>COURSE #003 GRAFFITI CUSTOMISATION THURSDAY ONLY 11:00AM - 12:15PM</p> <p>AN INTRODUCTION INTO SIMPLE & EFFECTIVE CLOTHING CUSTOMISATION. LEARN HOW TO TRANSFORM YOUR OWN GARMENTS FROM PAPER ONTO CLOTHING USING PREPARING AND STENCIL ART TECHNIQUES</p> <p>SUITABLE FOR AGES 8+ COST: £12</p>	<p>COURSE #004 LOCKING THURSDAY ONLY 5:00PM - 6:00PM</p> <p>OPEN FOR ALL LEVELS. THIS SECTION AND HOW CALLS WILL COVER THE TECHNIQUES INCLUDING LOCKS, SINGLE SAM POINTS & WHIST BILLS</p> <p>SUITABLE FOR AGES 8+ COST: £8-10</p>	<p>COURSE #005 BEATBOXING WEDNESDAY ONLY 5:00PM - 6:00PM</p> <p>WORKING WITH A VARIETY OF EXCITING VOICES AND BEATS TECHNIQUES, YOU WILL LEARN HOW TO MAKE MUSIC WITH YOUR MOUTH</p> <p>SUITABLE FOR AGES 13+ COST: £8-10</p>	<p>COURSE #006 POPPIN' WEDNESDAY ONLY 5:00PM - 6:00PM</p> <p>RACE BY POPULAR DEMAND! A GREAT OPPORTUNITY TO SPEND AN EVENING WITH EAST ANGLIA'S FINEST POPPER</p> <p>YOU WILL LEARN BACK POPPING MOVIES INCLUDING ISOLATIONS, ELISIONS & THE KNOWLEDGE THROUGH TO COMBINATIONS</p> <p>SUITABLE FOR AGES 13+ COST: £3-5</p>	<p>COURSE #007 HIP HOP DANCE THURSDAY ONLY 5:00PM - 6:00PM</p> <p>FROM NEW JACK RUNNING MAN TO MUSIC VIDEO JAZZ & CRAZY POCKY SHAKING, A FUN AND ENTERTAINING WAY TO BURN OFF CALORIES AND LEARN A MOTION WHICH YOU CAN PERFORM AT LOCAL EVENTS</p> <p>SUITABLE FOR AGES 13+ COST: £3-5</p>
<p>COURSE #008 DJ SKILLS WEDNESDAY ONLY 11:00AM - 12:15PM</p> <p>IN THIS HIP HOP GAP & POWER WORKSHOP WITH ONE OF THE UK'S FINEST DJ'S YOU WILL LEARN THE TRICKS TO LEARN HOW TO USE YOUR PLAYS, YOU WILL BE ABLE TO CREATE YOUR OWN GAP MIXES YOU CAN PERFORM AT LOCAL EVENTS</p> <p>SUITABLE FOR AGES 13+ COST: £12</p>	<p>COURSE #009 DJ SKILLS WEDNESDAY ONLY 11:00AM - 12:15PM</p> <p>LEARN THE ART OF TURNTABLEISM INCLUDING BEAT MATCHING TECHNIQUE & BEEF MATCHING. YOU WILL HAVE THE CHOICE TO WORK TOWARDS YOUR OWN SET WHICH YOU CAN PERFORM AT LOCAL EVENTS</p> <p>SUITABLE FOR AGES 13+ COST: £8-10</p>	<p>COURSE #010 BEAKIN' FOR BEGINNERS WEDNESDAY ONLY 11:00AM - 12:15PM</p> <p>A POUCH COURSE TEACHING YOU THROUGH THE FOUNDATIONS OF BEAKIN' & INTRODUCING BASIC MOVES WITH THE OPPORTUNITY OF PERFORMING AT LOCAL EVENTS</p> <p>SUITABLE FOR AGES 8+ COST: £8</p>	<p>COURSE #011 BEAKIN' FOR IMPROVERS WEDNESDAY ONLY 11:00AM - 12:15PM</p> <p>AIMED AT THOSE WHO ALREADY HAVE EXPERIENCE OF THE UK CITY BEAKIN' WORKSHOPS, AND A FIRM UNDERSTANDING OF THE BASIC MOVES, YOU WILL DEVELOP YOUR SKILLS AND TRAINING TOWARDS A PERFORMANCE AT LOCAL EVENTS</p> <p>SUITABLE FOR AGES 13+ COST: £8</p>	<p>COURSE #012 BEAKIN' MASTERCLASS WEDNESDAY ONLY 11:00AM - 12:15PM</p> <p>AN INTENSIVE WEEK LED BY UK'S TOP BEAKIN' GUESTS TO FOUR UNITS AND DISCOVER NEW PRACTICAL BOUNDARIES</p> <p>SUITABLE FOR ALL LEVELS & ADVANCED BEAKERS COST: £100+ *FREE ON APPLICATION</p>	<p>COURSE #013 GRAFFITI ART THURSDAY ONLY 11:00AM - 12:15PM</p> <p>OVER THE WEEK YOU WILL LEARN HOW TO CREATE SIMPLE POPS FROM PAPER DESIGN THROUGH TO SPICED BLOODS</p> <p>YOU WILL BE SHOWN HOW TO DO BEAT TECHNIQUES INCLUDING FILLING IN, SHADING & SHUTTING YOUR FINAL PRICE WHICH WILL BE DISPLAYED AT LOCAL EVENTS</p> <p>SUITABLE FOR AGES 13+ COST: £8</p>	<p>HIP HOP SEMINAR FRIDAY ONLY 10:00AM - 12:00PM COST: £2</p> <p>HIP HOP KARAOKE SATURDAY ONLY 11:00AM - 12:00PM COST: £2</p> <p>HIP HOP QUIZ THURSDAY ONLY 11:00AM - 12:00PM COST: £2</p> <p>FILM SCREENING THURSDAY ONLY 11:00AM - 12:00PM COST: £2</p> <p>TRAINING THURSDAY ONLY 11:00AM - 12:00PM COST: £2</p> <p>URBAN SINFONIE FRIDAY ONLY 11:00AM - 12:00PM COST: £3-5</p>

TURN OVER FOR REGISTRATION DETAILS & INFO ON THE URBAN SINFONIE AFTERPARTY

For the kids it's a unique opportunity to have access to all the elements of Hip Hop culture under one roof. With specialist Hip Hop guidance and training the week builds towards performances & exhibitions at the after party **Urban Sinfonie**. For the local up & coming B-Boys and 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 opportunity to battle older more experienced dancers who otherwise they would only see on videos. Win or loose, no doubt the kids come away inspired to take their dance to the next level when up against some of the UK's best.



The Hip Hop Seminar opened **CHHW05** with guest panelists: legendary UK MC **Blade**, graffiti artist **Skore**, old school UK B-Girl legend **Bubbles**, & **Kilo** discussing the current state of Hip Hop and it's future with the audience. A good starting point & introduction to the week ahead...



Courses in all the Hip Hop elements were on offer to the absolute beginner up to the more advanced Hip Hop head. On the dance side **Breakin', Locking, Poppin' & Hip Hop Dance** were available with **Graffiti Art** and **Graffiti Customisation** representing the visual side. **MCing, DJ Skills & Beatboxing** represented the audio elements. **Big Dada** Recording artist and **SIN Cru** member **TY** ran the MC workshop. **Specifik** showed budding turntablists how to get busy on the one & twos and local UK beatbox champs finalist **Gummy** showed how to make music with your mouth.



L to R: **Biz Markie, Ill Boogs, Babe Ruth & B-Boy Munch**

Activities were also run on each evening including **Hip Hop Karaoke** which saw **Kilo** as **The Beastie Boys** winning best performance with **B-Boy Munch** as **Babe Ruth** being awarded the worst performance. **Ill Boogs** as **Biz Markie** must get a mention for the most "illest" & most bizarre costume! The pub style Hip Hop quiz saw heads dropping knowledge to questions being asked by very special guest host **Baloo** from **The Nextmens** dad! - **Mr Ellis**.



The **Urban Sinfonie** afterparty and battles brought **CHHW05** to a close on the Friday night. The latest **SIN**

Cru choreographed hip hop dance piece **History** kicked off the event followed by performances by participants from the various **CHHW05** courses - they showcased the skills they picked up over the five days. The **Spinney vs St.Pauls** kids grudge match crew B-Boy battle was first up, it being April fools day they brought jokes to the dancefloor as well as moves. Winners: home team – **St.Pauls**



L to R: **US05 winners: Bugs, Benjammin', Ill Boogs & Upstart**

Dancers from all over the UK came through to represent in the battles: Edinburgh, Bristol, Northampton, Southampton, Brighton, Kent, Norwich, Devon, London & even Italy were in the house. DJ's **Specifik** (Bomb The City Records) & **Ben Swift** (The Essence/Nonsinthetic) rocked the one & twos. Judges were **Twista** from **Style First Crew**, **SIN Cru's** own **Trubl Roc**, & **Bubbles** from **The B-Boys**. **Bubbles** is famed for her "no easy props" skills that matched any b-boy back in the day & appearances in classic UK Hip Hop documentaries **Bombin'** & **Electro Rock**. Current and next generation B-Girls came out to show her respect. The B-Girl circle kicked off & **Jnr Sinstar B-Girl Rude** was announced as "**Lil Bubbles**" by **Bubbles** herself after the battles.



The individuals winner was Funk & Disorderly's man of the moment **Bugs**, who fought his way through **Swifty** (The Allied Forces), **Mittens** (JNR Sinstars), 9 year old **AirOne** who brought pure B-Boy style and flavour to the close call battle, ending up facing the return of **Roland Rat** with out previous years doubles partner **Kevin the Gerbil!** The 2on2's winner repping the old to the new was **Ill Boogs & Ben Jammin'** (Sinstars/JNR Sinstars) who took on **B-Girl Rude & Yes** (JNR Sinstars), Edinburgh B-Girl routine rockers **Raquit & Remmady** (Sinstars/Mean Feet) Bristols incredible move of the night partnership **Wilkie & Splendid** (Physical Jerks) and meeting freeze fiends **Tom & Jim** in the final. The Poppin' title was scooped by **Upstart** (JNR Sinstars) who faced **Swifty** (The Allied Forces) & University popper **Zimzomma** in the final.



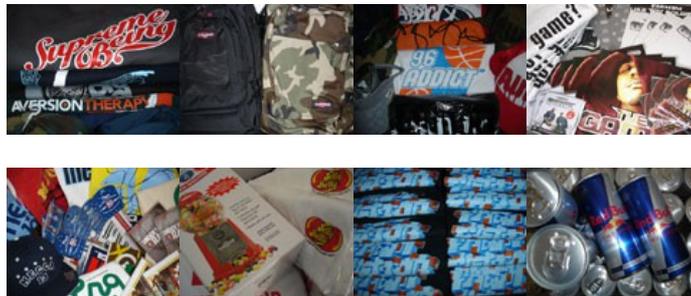


Post event feedback has been very positive with participants and punters alike recognising our efforts to keep real Hip Hop alive...

"I think you're doing good things for the Hip Hop scene not only by introducing kids to all this creativity and personal expression but also showing their parents Hip Hop is not all about bling, bitches and cars, seem to be a crew who really invest in the next generation... there was a really good standard on display"

"wow! what a night ! well first things first you gotta give it up to the jnr sins who were off the hook! they had a wicked attitude and wicked style which is a credit to their teachers... Hip Hop has those other elements of love, peace, respect and unity which need to be emphasised more in the Hip Hop world"

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



Thanks to **John Quysner, Elaine Shortt** and our friends at **Addict, Fresh Cotton, LRG Clothing, Mecca USA, Supreme Being, Eastpak, Redbull, Jelly Belly, Scratch, Nokia UMF with The Princes Trust, Polydor Records & Zebra Traffic Records** for their support and super fresh prizes.

Review by Ben Swift | NonSINthetik



www.sincru.co.uk