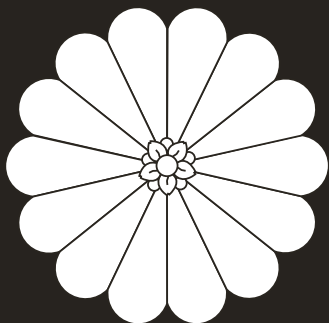


STREET TRAINING MANUAL



STREET TRAINING MANUAL

Street training is the art of constantly training our bodies and minds, both collectively and individually to develop awareness on the streets. It's commonly understood that our surroundings have a powerful effect on us. Street training teaches us that we can have an *equally* powerful effect on our surroundings both with our thoughts and our behaviour. The regular practice of exploring ourselves and our locality safely and joyfully helps street trainers to make positive changes in both.

This manual contains a wide variety of people's knowledge and just like different ways of using public space the ideas are sometimes conflicting. Please carefully study these instructions passed on to you from people of Camberwell, South East London. Begin by trying the ideas listed here then move on to develop and invent your own. Many of the activities suggested here only take a few seconds but the effects they have are accumulative and confidence building. Perhaps any behaviour practised for long enough becomes instinct.

Street training has two components: the Path of Safety and the Path of Joy, everyone who uses the street considers safety but joy is usually forgotten. It is vitally important that you study both aspects equally. Too much focus on keeping out of danger, and the lighter side of your street training practise will suffer. Too much emphasis on being joyful may put you in jeopardy.

This manual was made by Lottie Child with many collaborators, see the back page for their names.

Lottie Child June 2007

PATH OF JOY

whenever you can, stop and smell flowers

Teenager AMRTC

if you find a piece of paper on the ground make it into a paper airplane

Jo, urban climber

hide something in the bushes and come back for it later

Beth, dancer

find a phone box and squeeze inside with as many people as possible

Camberwell teenager

climb on the roof of Somerfield to get a clear head and clear view

Camberwell teenager



PATH OF SAFETY

don't look strangers in the eye when you're scared

Sara Davidman

have your wits about you

Passer-by, Camberwell Green

walk around like you own the streets

Woman serving at supermarket checkout

use the seven stars and the nine palaces steps techniques; tai-chi for walking through crowds

Laurence Noga

keep all your valuables out of sight

Constance, mum, Camberwell

act like you know where you're going

Mestre Cobra Mansa

eventually we have to learn to become one with the teacher who lives within and speaks through our inner voice

Shirley Griffin, grandmother and transatlantic sailor

don't go to dark corners

Dunia, teenage girl, Camberwell

PATH OF JOY

Get a load of people to stand on a zebra crossing for a long time
Emily Druiff, curator

ask random people in the street to pose together for a group photo
Elfi, sociologist

plant vegetable seeds in public parks and gardens
Hilary, PhD student

try to have a long conversation with someone in the street it could be a friend or a stranger
Alistair, Advertising executive

find a good place for a campfire. Be careful with fire make sure you clear a space so that nothing close by will catch fire, have water with you to put it out when you leave (Adults only)
Ellen, teacher

look for birds' nests in the bushes in Burgess Park,
Young people from Cambridge House

climb a lamppost and swing on railings
Young child, Comber Grove Primary School

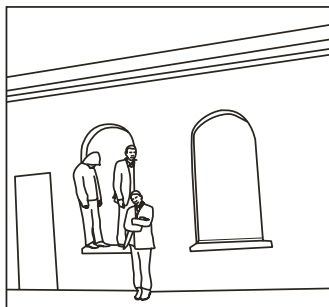
PATH OF SAFETY

weave in and out of the trees if you think someone is following you, they won't be able to see you the whole time
skill developed through watching Naomi, a lone woman walking home late in Camberwell

if you see a gang turn around and walk in the other direction
Teenage boy, Camberwell

if you are addicted to something like sugar, cigarettes, alcohol, another person or drugs this will be making it harder for you to experience your surroundings as directly as you could
Charlotte, gardener

doing things that are unexpected can make people angry or afraid
Young child, Comber Grove Primary School



PATH OF JOY

stop and talk to homeless people, sometimes you will learn a lot about how to be streetwise
Woman, Camberwell New Road

shout your name out
Young child, Comber Grove Primary School

witness the dawn
Loolie Habgood

look at the sky, watch the clouds, notice the vapor trails that the planes make
Beate Rathmayr, artist

watch a dog wee
Young child, Comber Grove Primary School



PATH OF SAFETY

if someone gives you trouble say "I don't want none I wanna live my life"
Ron, teenager, Camberwell

do not fear death
Tristan, fashion designer

just be a human being just be normal
Ras Lion, proprietor of Rasta shop

uncover your true Buddha nature by 'not doing'
Rosella, artist

only cross the road at the crossings
Constance, mum, Camberwell

if you think someone is following you stop to tie your shoelace, they will give themselves away if they stop suddenly too
Mestre Cobra Mansa

the blocks on the council estate cast scary shadows, people are always looking over their shoulders at each other walking home at night, the orange light from the street lamps is scary too, so laugh to yourself or sing to yourself to help you relax remember there are always people around
Melanie Lenz, curator

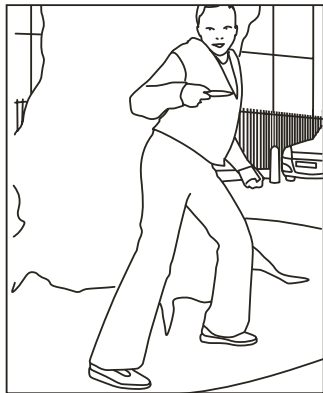
PATH OF JOY

if you find a dead bird smell it
Young child, Comber Grove Primary School

body surf on shiny floors; shopping centres, train stations and supermarkets have perfect floors for this. Take a run up and then lie down letting your body slide along the floor
Chris Lansdell, Art student

go up to people and ask them if they live in Camberwell
Young child, Comber Grove Primary School

wear high heels you can run in
Ellen, teacher



PATH OF SAFETY

if you are a woman walking alone and someone thinks you are a prostitute, find other people to walk with
Naomi, Camberwell

don't wander around aimlessly, have an aim
Tony, street cleaner

be low key, don't be flashy, be a ghost, be yourself
Man shifting tyres at car workshop on the corner near Southampton Way

it all depends on you, politeness is important
Young man with a bike, Camberwell Green

look around all the time, keep away from the road, concentrate at the traffic lights, look left and right when crossing the road, don't play with a ball near the road
Child aged about seven, walking with his mum, Camberwell New Road

everything can be done in the manner of a warrior
Victor, writer

PATH OF JOY

wave at people through the bus window
Tom, actor

practise tai-chi in a park, breathe the fresh air
Laurence, lecturer

make an echo
Young child, Comber Grove Primary School

dance really expressively to your personal stereo while you are waiting at the bus stop
Franziska sports teacher

do yoga in the middle of the street
Young child, Comber Grove Primary School

Seek out beautiful things and look at them
Daniel, treasurer

walking game: one person holds their breath and the other tries not to think or engage with their thoughts. The first person to fail raise their hand and start again
Heath Bunting, retired artist

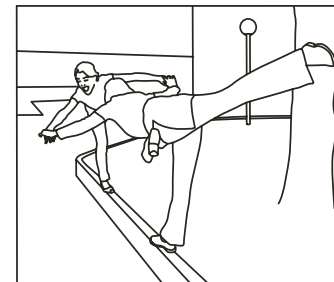
depending on the weather notice the sensation of the breeze or the sun on your skin
Dunia teenager

PATH OF SAFETY

watch out for dogs a child might freeze or run and the dog will think they want to play. Watch out for uneven road surfaces as they can trip you up and can be especially difficult with a buggy.
Mother with her child, Camberwell New Road

scare the shit out of people or else try to be invisible. Women should carry a small can of hairspray
Kermit, homeless man

I grew up in Bermondsey so I don't even have to think about it. I was in the air force, I was airborne it all helps
Man in his 80s wearing air force squadron insignia and Che Guevara badge waiting at a bus stop on Camberwell New Road





PATH OF JOY

don't take a photo of the people in the hairdressers; you wouldn't want your picture taken with your hair half done

Camberwell teenager

don't go to sleep one night.

What you most want will come to you then. Warmed by the sun inside, you'll see wonders... that which adoration adores appears at night. Those asleep may miss it...

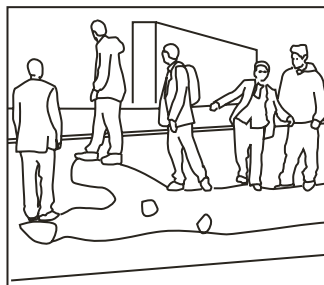
Rumi, The Vigil, Marita Sanguinetti

when it's raining share your umbrella with someone

Ellen, teacher

swing on the rope tied to a tree on an estate off Camberwell Road

Young child, Comber Grove Primary School



PATH OF SAFETY

being streetwise is different to being afraid you need a balance, keep your wits about you but don't be ruled by thoughts about safety

Jonas, Camberwell Green

it depends what you want to feel safe against

Chris Townsend, caped crusader

The key is familiarity, its all about knowing where you are, the street is like any landscape it can be threatening when you don't know where you are within it.

The moment you know where you are it's easy

Simon McBurney, theatre director

the TV news broadcasts every bad thing that happens so people are staying at home and feeling afraid to go out. There are reasons why these bad things happen and they need to be addressed. People staying at home being scared won't help

Tom Clark

be confident. If you are worried people sense it

Homeless man, Camberwell New Road

PATH OF JOY

take a shoe off and throw it over the railway bridge, try to catch it on the other side

Daryl, Cambridge House

everything can be done in the manner of a lover

Ian Morrison, hacker

walk consciously pay attention to the sensation of your feet on the ground and be aware of your breathing place your focus between yourself and your surroundings

Fabian Tompsett, Tower Hamlets Council

smile at people and if they don't smile back that's ok just keep on

Jamilla, Cambridge House

when you're feeling down go and stand on a street corner and shout, "I won't give up"

Mike graffiti writer

lie down on the pavement

Young child, Comber Grove Primary School

drum on things like bins and benches

Terez Osztafi, artist and mum

PATH OF SAFETY

I have a baby in a push chair, I watch out for dogs not on leads because you have to tell the owner to put the dog on a lead, if anyone gets bitten its them that has to dress the wound. I'm a mental health professional so I look out for people with mental health problems. And watch out for teenagers in case they have a knife or are drunk. I have an 18 year old and I tell him not to go out on the street.

Mental health nurse, resident of Mariner House

I grew up in New South Wales coastal region in Australia and I always felt safe, I've brought that feeling with me

Natalie Menser, capoeirista and teacher at special educational needs school

when you are hung over the whole world seems more hostile

Ellen, teacher

I'm Camberwell born and bred so I don't even have to think about it but I have done some tweaking as the place has changed

Woman from Creative Routes, Camberwell

PATH OF JOY

breathe, listen to the essence of things, let go, take risks and move from your heart

Marita Sanguinetti

explore derelict buildings (adults only)

Victor, lecturer

play football on the bus

Franziska, sports teacher

sit on a wall for ages and watch people go by

Tom Clark, art student

think of a question to ask people and then spend time asking

passers-by

Young child

let your feelings guide you, look for opportunities to be creative and go with the moment

Ralph, worker with refugees

do graffiti

Mike, graffiti writer

find a place to stand and watch everything that goes on around you for fifteen minutes, just stand and watch

Daniel, graffiti writer

PATH OF SAFETY

I lived in Santa Tereza in Rio and every night you hear shooting. Recognise where you are and how you have to behave there. In a river if I find a rock and I want to jump off I don't just stay on the rock and get scared I need to know how deep it is: I swim to find out. Two things that are good to know are; be confident and choose a route based on what you know. Don't just rely on your perceptions listen to the stories that are linked with that place ask where are the most tricky streets, you need to know the place and what times it is safe or unsafe

Goia, capoeirista, somatherapist, dad



PATH OF JOY

walk in straight lines don't go round fences and barriers go over or under them

Ellen, teacher

find empty shopping trolleys get naked and have a naked shopping trolley race

Michael, skateboarder

when you need head space go to the park at night

Tom Clark

play music on your mobile phone in the bus

Teenager, Camberwell

experiment with doing parkour; jump from one low wall to another, try spinning jumps and balancing on railings

Max, parkour boy

climb trees and climb on buildings

Lily, young child

skate board, try to ollie as many stairs as possible

Robin Priestley, skate boarder

look for the microphone or public address system in the supermarket and sing a song or tell people that everything in the shop is free

Ellen, teacher

PATH OF SAFETY

state of mind is what it's all about, being street smart is something you learn from experience. Keep helping each other, one hand washes the other it stretches out across the world and that way we all get help

Jason Jay from Creative Routes

change your appearance. Even if you are fit and strong sometimes it's better to walk stooped and look as if you are frail

Greg, capoeirista

you're only as intelligent as your closest mates

The Kraftsmen

you need a sharp pair of teeth

Skeve Zacharia's daughter in the deli on Camberwell Church Street

you've got to know what to expect. I was born here so I got streetwise. I've been mugged, I've been attacked. You get to know how to protect yourself after all this

Skeve Zacharia

be invisible, dress inconspicuously, wear muted colours, don't make a scene

Mark Pilkington, polymath

PATH OF JOY

always remember to slide down
the handrails when going down
stairs

Callum, 10 year old boy

when you see fresh cement
write your name or something
funny in it, using a key is a good
way to make a clear line

El, newspaper editor

let your feelings guide you, look
for opportunities to be creative
and go with the moment

Daniel, graffiti expert

share your chips/sweets/
cigarettes with strangers

Ron, teenager Camberwell

PATH OF SAFETY

be more careful if people have
been drinking

Imo Klink

if you see a fight watch carefully.
Don't get involved and don't run
away, just watch to see what is
happening so you can judge the
best thing to do

Bruce, capoeirista

everything we need to be well
and free and happy and therefore
safe, is available to us from our
own innate resources and to
access this ancient wisdom we
need to dissolve all the stress
and tensions that get in our
way... starting with our own
body and mind and then taking
care of one another and then
the environment around us.

When we take care of ourselves
in this special and natural way
everything under the stars is
taken care of... (and that includes
being safe on the streets)...

Marita Sanguinetti

This manual used an
experimental approach to
making knowledge in relation to
a wide variety of people.

Research methods:

- A 24-hour exploration with
people of different ages and
life experiences to spend the
night and day wandering the
streets with no pre-planned
route. We used Camberwell as
our playground. Each person
brought their own skills for being
in the streets and together we
developed new ones by noticing
events that were happening
around us and discussing
them, in this way we collectively
developed skills based on
what we learned from direct
experience.

- On the exploration we
witnessed the dawn, a new day,
a new chance and thought that
maybe this time everyone and
everything could have a fresh
start. Spending 24 hours on
the streets increased sensitivity,
we explored ourselves, our
surroundings and looked at
boundaries internal and external
which made us aware of the
important factors at play in
Camberwell streets.

- During schools workshops
local children and teenagers
were asked to pass on their
ideas for having fun in the
streets. (They proved to be
expert teachers on the path to
joy.)

- Talking to people around
Camberwell and asking them to
pass on their skills for being safe
and having fun in the streets.

- Asking everyone and anyone
to pass on their street skills.

Even though many of the skills
listed here are illegal or semi-
legal, experience has shown
that activities developed on the
streets such as break dancing,
rapping, graffiti, skate boarding,
Parkour, bmxing, urban climbing
and capoeira are more and more
celebrated in mainstream culture
even as it tries to clean them up
and commodify them.

Lottie Child June 2007
www.malinky.org

Participants

Students and teachers from Comber Grove Primary School and Archbishop Michael Ramsey Technology College, Maria, Kurt, Richard, Toni, Terez Osztafi, Josie Lewis, Ann Lawlor, Chris Jones, Sara Davidman, Ian Morrison, Jack, Mestre Cobra Mansa, Kate Rich, Heath Bunting, Shirley Griffin, Marita Sanguinetti, Simon McBurney, Climbing Club, Giuseppe Mascoli, Tariq Ali, Stewart Home, Laurence Noga, Rossella, Ceri Buckmaster, Isabelle Courtney-Guy, Goia, Tony street cleaner, Loolie Habgood, Chris Townsend, Greenman, Robin Priestley, Fabian Tompsett, Frank, street cleaning supervisor, Kermit, homeless man, Imo Klink, Charlie Flesch, Jason Jay, Sheila, local resident, Dave Pullen, Tom Clark, teenagers from Cambridge House Young People's Project, PC Tom Butterworth, Skeve Zachari, Constance and shakeem, Carl Stevenson, Chris Lansdell, Mark Pilkington, Nathan Cash Davidson, Ras Lion, Melanie Lenz, Naomi, local resident, Jonas Altman, lil miss bass, Vicky Cowin, Natalie Menser, Magda Metwally, Eleanor Brown, Emily Druiff, Cordao De Ouro capoeira group. Thank you to all of these people.

Photography

Terez Osztafi, Lottie Child and Imo Klink.



Camberwell Arts Festival June 16 – June 24, 2007

A partnership between local artists and art organisations and initiated by Camberwell Arts, Camberwell College of Arts and South London Gallery