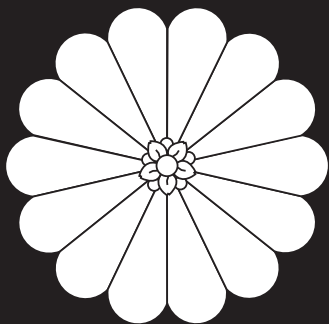


STREET TRAINING MANUAL



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 behavior. 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 southeast 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 practiced 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 practice 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

Camberwell Teenager

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 sommerfield 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 Druif, 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 bird's 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

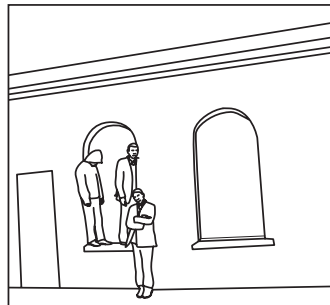
PATH OF SAFETY

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 street wise
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 some one 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

practice 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

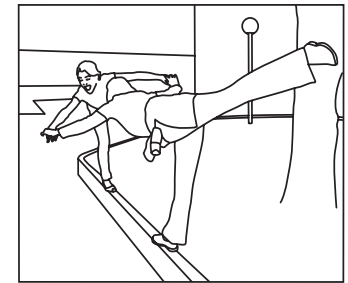
depending on the weather
notice the sensation of the
breeze or the sun on your skin
Dunia teenager

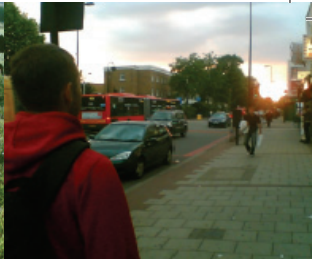
PATH OF SAFETY

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

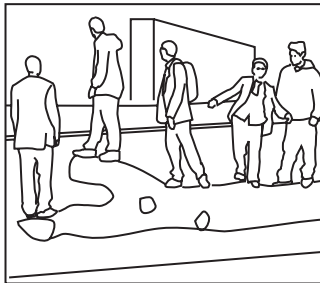
don't take a photo of the people in the hairdressers; you wouldn't want your picture taken with your hair half done
Camberwell teenager

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 its 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
Jamilia, 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 any one 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 costal 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 its 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 street wise I've been mugged, I've been attacked you get to know how to protect your self 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 you name or something funny in it, using a key is a good way to make a clear line

EI, 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 of that get in our way... starting with our own body and mind and then taking care of one other 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

Comber Grove school, Archbishop Michael Ramsey School, Richard, 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, PC Tom Butterworth, Skeve Zachari, Constance and shakeem, Carl Stevens, 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 Druif, Cordao De Ouro capoeira group. Thank you to all of these people.

Photography

Terez Osztafi, Lottie Child and Imo Klink.

