

# PUCK.



## MAPL Theory



## DIRECTIONS FOR USE:

What is MAPL Theory? Many scientists and Canadian musicians agree that it's primarily about creating Canadian content for the purpose of satisfying CRTC (Canadian Radio-television and Telecommunications Commission) requirements enforced upon broadcasters based in and offering service to Canadians. MAPL specifically is an acronym for Music, Artist, Performance and Lyrics. We think this album has satisfied a large percentage of those requirements as well as Misadventure, Alcohol, Pot and Liquor. It has also been tested for work site compatibility and recreational drinking listening. Side effects may include alcoholism, reminiscing about when you last saw P.U.C.K. perform live and head banging. Constant repeat listening could even cause some people to start rapping over rock radio. Please listen responsibly.

**The P.U.C.K. Crew**

*June 2021*



**1 HOPE 2 DIE (CROSS MY LIVER) 2:59**

**Beats, Raps and Hooks:** Pot-C

**Cuts and Raps:** Cheese

**Raps and Hooks:** Long John

**Backyard Hooligan Back-Ups:** Tha D, Kenny-K, Long John and Cheese

**2 DRUNK ON A PAYDAY 3:02**

**Beats, Raps, Hooks and Cuts:** Cheese

**Raps and Hooks:** Long John

**Raps:** Pot-C

**3 SUMMER OF '96 4:37**

**Beats, Raps and Hooks:** Pot-C

**Cuts and Raps:** Cheese

**Raps and Hooks:** Long John

**Raps:** Yuk MC

**4 STORM TROOPAZ 3:36**

**Beats and Raps:** Pot-C

**Cuts and Raps:** Cheese

**Raps:** Long John



5 **CAWPER CROWZ 2** 4:57

**Beats, Raps and Hooks:** Pot-C

**Cuts and Raps:** Cheese

**Raps and Hooks:** Yuk MC

**Raps and Hooks:** Long John

6 **CRIMINAL LIVER** 3:01

**Beats, Raps and Hooks:** Pot-C

**Cuts, Raps and Hooks:** Cheese

**Raps:** Long John

7 **H.F.I.C. (HOCKEY FIGHT IN CANADA)** 5:00

**Beats and Raps:** Yuk MC

**Cuts and Raps:** Cheese

**Raps:** Long John

**Raps:** Pot-C

8 **MAPL THEORY CUT JOINT** 2:59

**Beats and Cuts:** Cheese

**Guitar and Bass:** Tha R



9 **FRINGE ELEMENTZ** 3:31

**Beats, Raps and Cuts:** Cheese

**Raps:** Long John Platinum

**Raps:** Pot-C

10 **DA LITTLEST HOBOZ** 4:11

**Beats, Raps and Cuts:** Cheese

**Raps:** Long John

**Raps:** Pot-C

11 **MAKIN' IT WERK (FEATURING DUPITER)** 5:10

**Beats, Raps and Cuts:** Cheese

**Raps:** Long John

**Raps:** Dupiter (a.k.a T-Pick)

**Raps:** Pot-C

12 **BEERCAT** 3:12

**Beats and Raps:** Pot-C

**Cuts and Raps:** Cheese

**Raps:** Long John

**Raps:** Yuk MC



**13 AMBURGERS & WOOTBEER 3:07**

**Beats and Raps:** Pot-C

**Cuts:** Cheese

**Raps:** Long John

**Raps:** Yuk MC

**14 AA GAME 3:18**

**Beats and Raps:** Pot-C

**Raps and Cuts:** Cheese

**Raps:** Long John

**Announcer:** Bob Barley

**15 THE ODD MAN RUSH (FEATURING TYCOON,  
DONNIE OZONE, OW!!!, HIGHSNOW, C-DOC,  
CM AKA CREATIVE, 34PRO, QWEST-DOGG,  
TRUCK-T AND HIGH588) 7:05**

**Beats, Rap and Cuts:** Cheese

**Raps:** Pot-C, Tycoon, Donnie Ozone, OW!!!, Highsnow, C-Doc, Long John, CM aka Creative, Yuk MC, 34PRO, Qwest-Dogg, Truck-T, High588



16 **LIVERBOYZ** 3:26

**Beats, Cuts and Raps:** Cheese

**Raps:** Yuk MC

**Raps:** Pot-C

**Raps:** Long John

17 **THE MURTLE** 3:29

**Beats and Cuts:** Cheese

**Raps and Hooks:** Pot-C

**Raps:** Long John

18 **LIQUOR STORE (JANE REMIX)** 2:22

**Beats, Raps and Cuts:** Cheese

**Raps:** Long John



**THE P.U.C.K.  
(PREVIOUSLY UNKNOWN CANADIAN KIDS)  
CREW IS:**

**Long John:** Vocals, Scratches

**Cheese:** Vocals, Scratches, Beats

**Pot-C:** Vocals, Scratches, Beats

**Kenny-K:** Drums, Vocals

**Dementon aka Tha D:** Bass Guitar, Vocals

**Tha R:** Guitar, Vocals

**Herbal-T:** Vocals, Guitar

**Yuk MC:** Vocals, Beats

**Qwest-Dogg:** Vocals, Beats

**Pee Wee:** Vocals

**Tha G.M.C.:** Vocals

**Recorded at** all P.U.C.K. cru labs/palaces/shacks/etc. in Japan and Canada  
The Odd Man Rush raps recorded at all odd labs/palaces/shacks/etc.  
of our awesome guests

**Mixed by** Pot-C, Cheese and Yuk MC

**Mastered by** Pot-C at Pot-C's Palace, Kagoshima, Japan



## CRU SHOUT OUTZ:

Mega blocSonic props to Mike and the blocSonic fam.  
Thanks to all the fam, friends and fans of the P.U.C.K. cru!

## CHEESE N POT-C SHOUT OUTZ:

DeeJay Gribu & Jeru and the Fam' on all sides, Lil Nicky & Lil Ricky, Drunky Brooster,  
The P.U.C.K. cru (Long John, Kenny-K, Tha R, G.M.C., Qwest-Dogg, Pee Wee,  
Herbal-T, Yuk MC & Stanley and Tha D) Krazy Shitz, our new group with Tycoon:  
Hydra Gwaii, Suburban Banditz, Dah Rubbeez, dead prezidentz choice (D-Ranga  
and T-Pick n.k.a. Dupiter), our featured blocSonic fam: C-Doc, CM aka Creative,  
Donnie Ozone and OW!!!, D3Z'z, Highsnow, 34PRO, Truck T, High588, Biggathomas,  
Ocho, the Kag crew, DJ Boss at Soul Masters Cafe, Megusta, Bar Spin, TA2MI,  
Hagechabow, T2 n' Benzo, Kohei Kakimoto, Hi-Low, SJE crew, Bumi and Crazy-B,  
Bush Pilotz and Krack Corner Beat Dealers, Fair One, YK Beats and Ryuto, VBC, Tha  
Wicked Warriors, Astronomar, Joe C, Carter Hayes and Fryer Tuck, Tha Joint Cheifs,  
Sysdom, DJ Frost, Stevie-P, Scowlitz Posse (Cal, Damien, JR & Rich, Rob, Joey and  
Rest in Peace Evan and Gerald Thomas), Diane & Gerald Charlie, Joe Champagne,  
The Impossebulls, Tha Silent Partner, Timezone LaFontaine, S-Master & James  
Esco, DJ Trx MechaniX, Mr. Moods, L-Mega, Linda & Rhianna Lashin, KFC, Phreniq,  
Tom Crawshaw and all the staff at Camp Crazy, Who Dat Da' Lurker, Headsnack &



Primo Sol, Osumi FM and everyone who has ever or will ever exist. Pot-C also wants to give props to everyone who has been on Tha Bloc Report and everyone yet to get on there! And yes, we're still just cutting n pasting our shout outs and adding more every time!

## LONG JOHN'S SHOUT OUTZ:

Long John would like to gratefully acknowledge that he is a guest on the unceded land of the Coast Salish people. FREE PHILLIP TALLIO!!! Jaden, Neko, Mom, Dad, Arlo, Pot-C, Cheese, and the entire P.U.C.K. crew past and present. My Zoom H4N, Roland 808 and rhythm 77, Technics 1200s. All of the hip-hop pioneers from the pre-commercial era. All the musicians that made the music we lovingly repurpose. BLM, LGBTQ+, Weird Al, my Brothers and Sisters, past and present, of Ironworkers Local 97 "Stay safe..... NOW NEXT BAR, ASSHOLE!!!"  
Anarchy and veganism. All-One!

## YUK MC'S SHOUT OUTZ:

blocSonic Mike and all the blocSonic family, The P.U.C.K. crew!, Cheese N Pot-C, Cat, Stanley, Pops and Nana, GP records, 22 Carrat Smoke Shop, Beeks, Everybody who likes and supports our music, and everybody who doesn't.



## REST IN BEATS:

Ecstasy of Whodini  
Prince Markie D of the Fat Boys  
Shock G of digital underground

C-N-P Megabloc Rest In Peace to our homie Derek Carnie -  
we partied every night like it was 1999!



## P.U.C.K. ONLINE

<https://blocsonic.com/artist/puck>

## CHEESE N POT-C ONLINE

<https://blocsonic.com/artist/cheese-n-pot-c>

<https://blocsonic.com/artist/cheese>

<https://blocsonic.com/artist/pot-c>

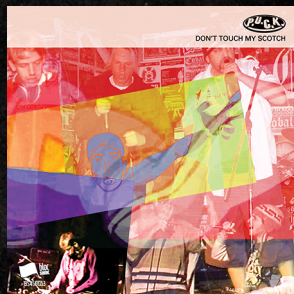
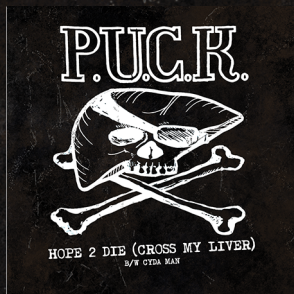
<https://facebook.com/cheesenpotc>

<http://zeopolis.jp>



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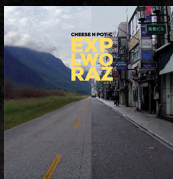
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## ALSO AVAILABLE BY **CHEESE N POT-C**

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ALSO AVAILABLE BY **CHEESE**

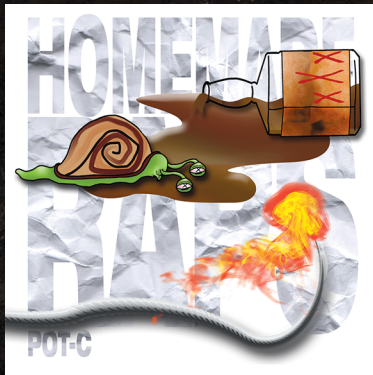
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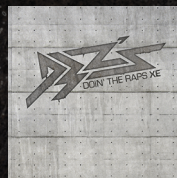
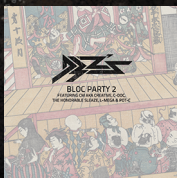
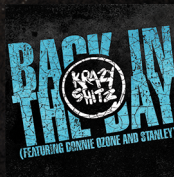
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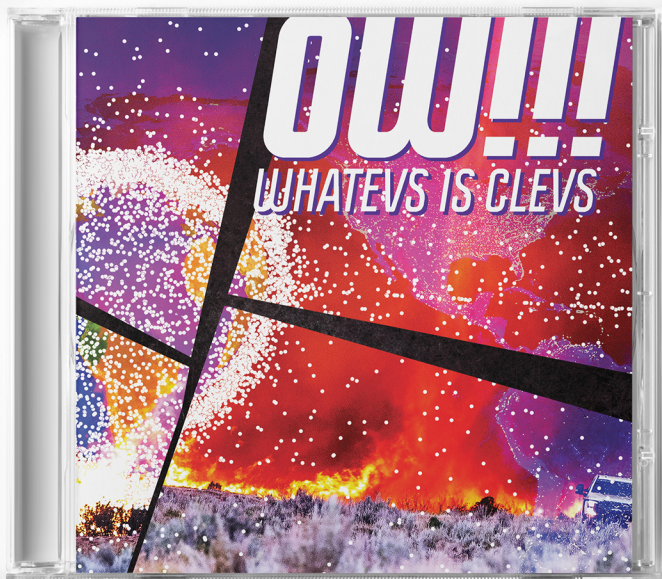
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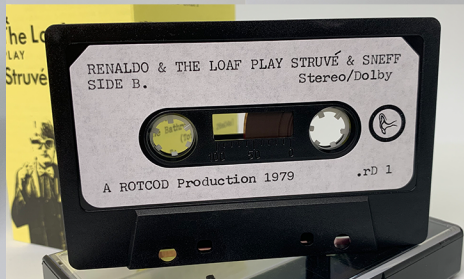
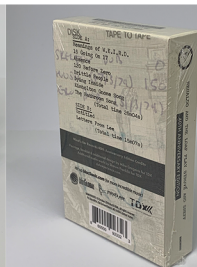
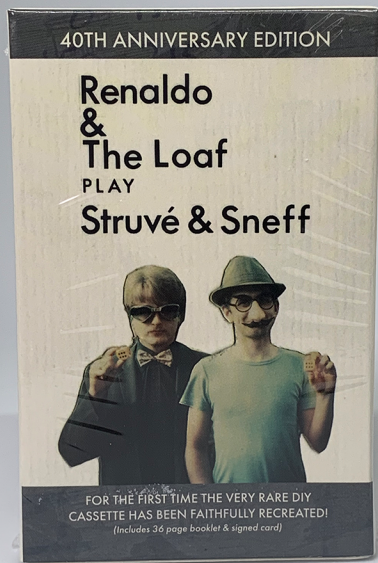
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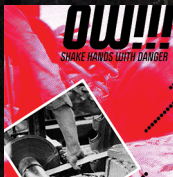
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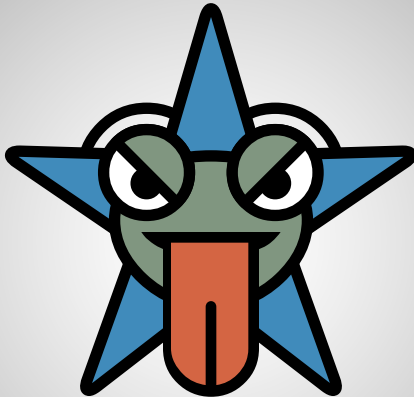


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YO P.U.C.K.... THIS ALBULATION  
IS SLAMMIN! I HOPE IT DOESN'T  
TAKE ANOTHER 20 YEARS FOR THE  
NEXT. THANK YOU ALL!

- Mike Gregoire, blocSonic

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