

P.U.C.K.



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 Gwail, 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>

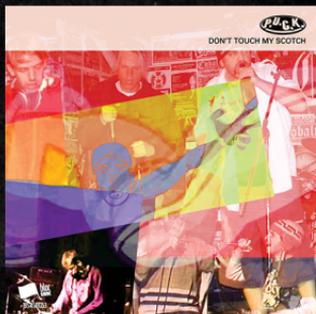
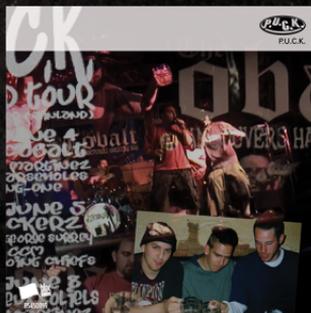
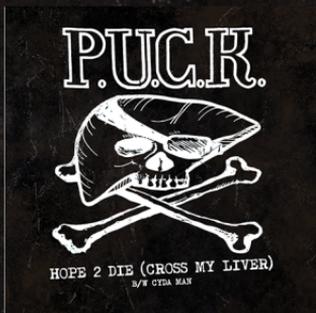
<https://blocsonic.com/artist/pot-c>

<https://facebook.com/cheesenpotc>

<http://zeopolis.jp>

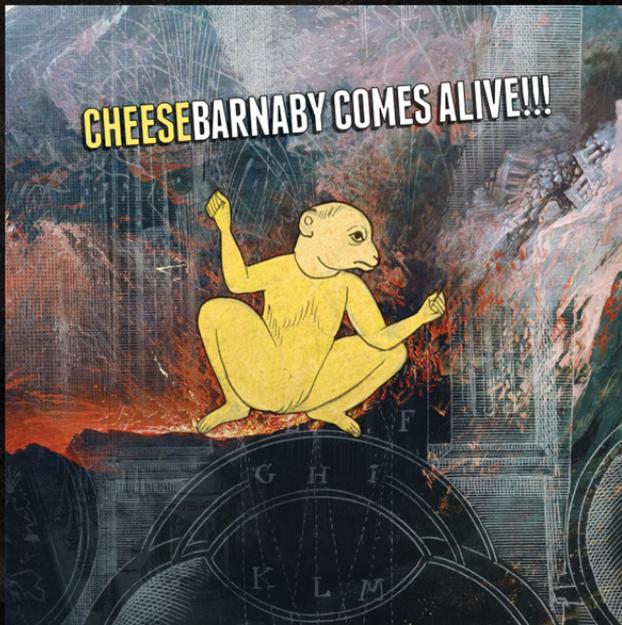
ALSO AVAILABLE BY **P.U.C.K.**

(click image to visit release page)



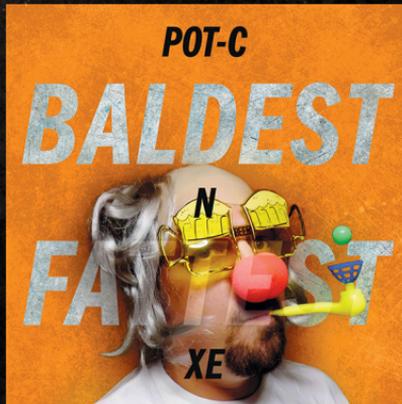
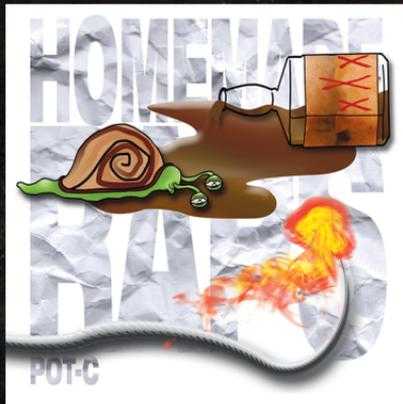
ALSO AVAILABLE BY **CHEESE**

(click image to visit release page)



ALSO AVAILABLE BY **POT-C**

(click image to visit release page)



ALSO AVAILABLE BY **THE EXTENDED CNP FAM**

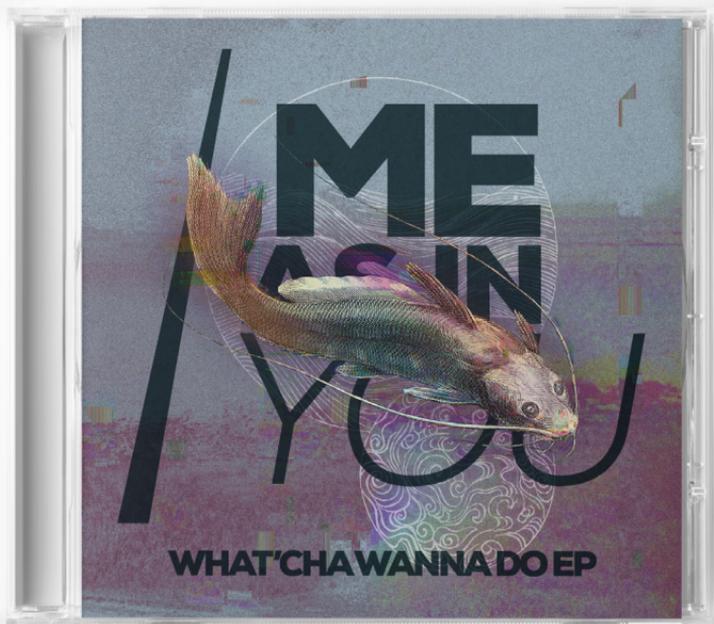
(click image to visit release page)



AVAILABLE FOR PURCHASE BY **ME AS IN YOU**

(click image to visit release page & buy)

SUPPORT OPPORTUNITY



SUPPORT OPPORTUNITY



AVAILABLE FOR PURCHASE BY **CM AKA CREATIVE**

(click image to visit release page & buy)

SUPPORT OPPORTUNITY



SUPPORT OPPORTUNITY



AVAILABLE FOR PURCHASE BY **C DA 76ER**

(click image to visit release page & buy)

SUPPORT OPPORTUNITY



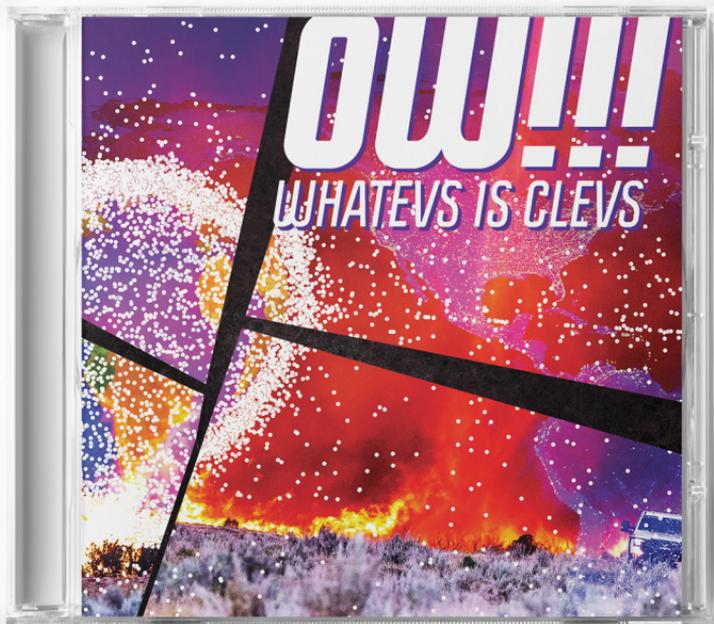
SUPPORT OPPORTUNITY



AVAILABLE FOR PURCHASE BY **OWTRIPLEBANG**

(click image to visit release page & buy)

SUPPORT OPPORTUNITY



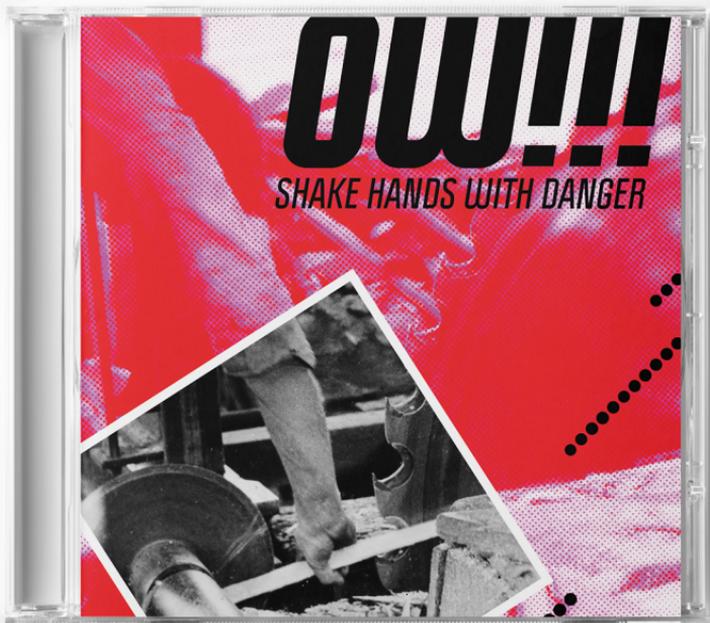
SUPPORT OPPORTUNITY



AVAILABLE FOR PURCHASE BY **OWTRIPLEBANG**

(click image to visit release page & buy)

SUPPORT OPPORTUNITY



SUPPORT OPPORTUNITY



AVAILABLE FOR PURCHASE BY **VIETNAM II**

(click image to visit release page & buy)

SUPPORT OPPORTUNITY



SUPPORT OPPORTUNITY



AWESOME DRÉ
YOU CAN'T HOLD ME BACK

R E M A S T E R E D

AVAILABLE NOW AT
GETONDOWN.COM

AVAILABLE FOR PURCHASE BY **BLKJK**

(click image to visit release page & buy)

SUPPORT OPPORTUNITY



SUPPORT OPPORTUNITY



AVAILABLE FOR PURCHASE BY **THA SILENT PARTNER**

(click image to visit release page & buy)

SUPPORT OPPORTUNITY



SUPPORT OPPORTUNITY



AVAILABLE FOR PURCHASE BY **THA SILENT PARTNER**

(click image to visit release page & buy)

SUPPORT OPPORTUNITY



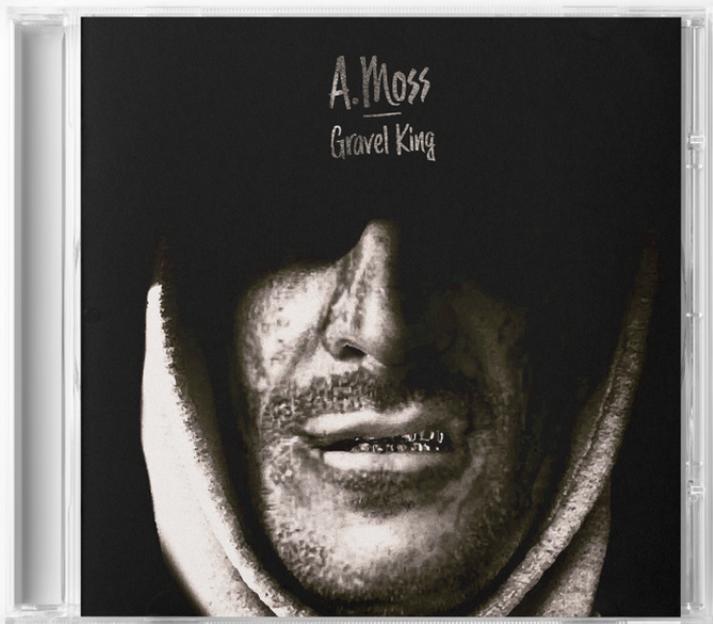
SUPPORT OPPORTUNITY



AVAILABLE FOR PURCHASE BY **A.MOSS**

(click image to visit release page & buy)

SUPPORT OPPORTUNITY

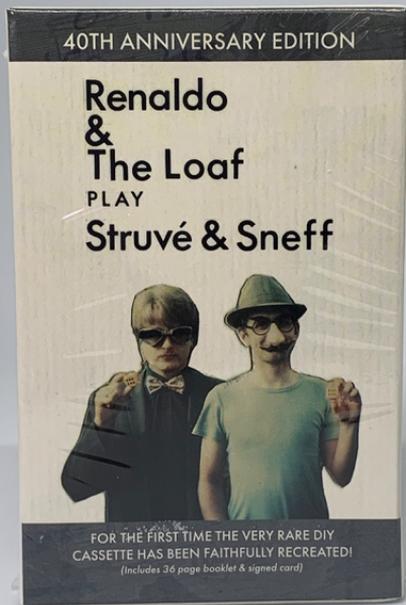


SUPPORT OPPORTUNITY



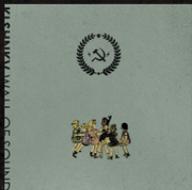
LIMITED EDITION
AVAILABLE NOW BY RENALDO & THE LOAF

(click image to learn more & purchase)



MORE ORIGINALS AVAILABLE AT **blocSonic**

(click image to visit release page)





blocGLOBAL
STORE



Wanna show your support? Pick up some Ts!

(Click to shop now)

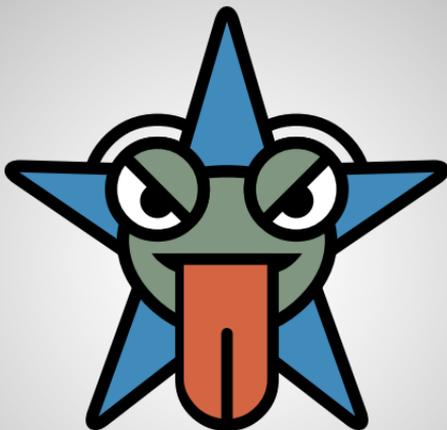
A NEW EPISODE EVERY MONTH!
HOSTED BY POT-C!

A stylized globe graphic composed of orange and yellow curved lines, centered behind the main title text.

**THE
BLOC
REPORT**

 **blocSonic**

THE  **blocSonic** HOT LIST



Tune in everyday at Starfrosch.com!

(click for more information and netcast times)



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

Package Design by

TDX«

DefExperience.com



BSOG0104

© June 2021 blocSonic.com.

All rights reserved