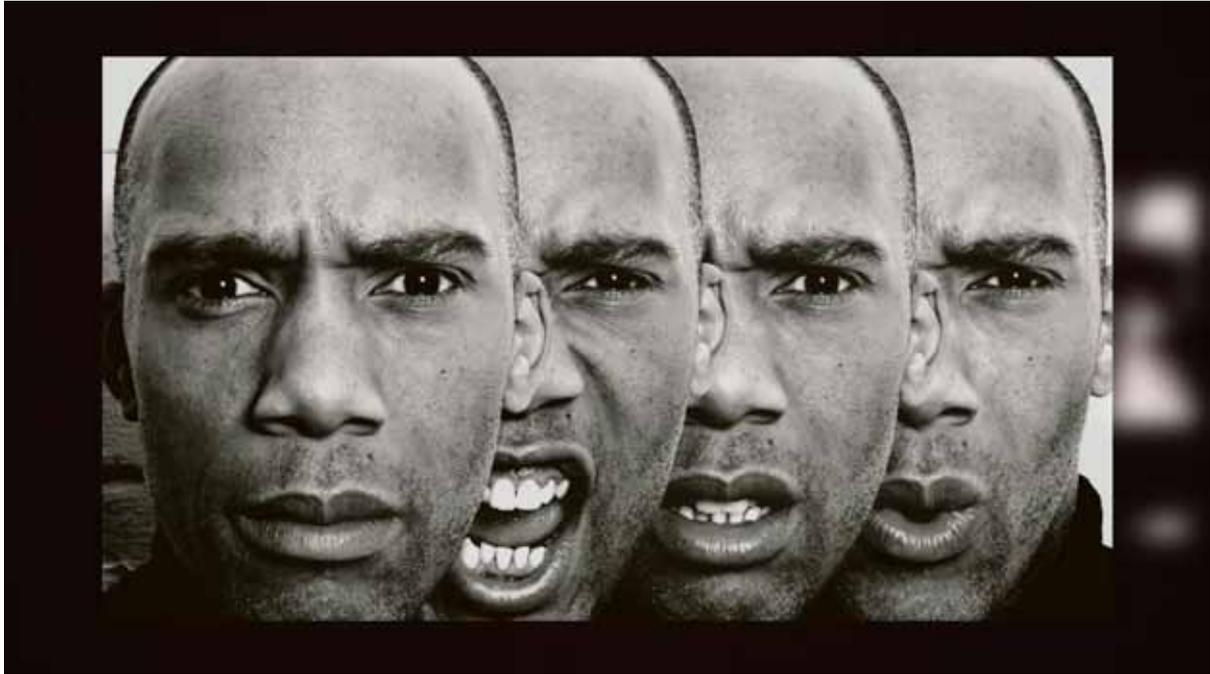


To whom it may concern. For immediate release

New Release/New Video

Who: **Adisa**
What: **Past Tracks** ep and brand new *Poetry Revolution* video
Where: Bandcamp and all digital streaming platforms
Why: Unreleased archived material
When: 28th February 2022



Listen / watch Poetry Revolution here: <https://adisapoet.bandcamp.com/video>

Past Tracks is a selection of works not previously available.

Adisa: "I am a communicator who uses poetry to probe, disrupt and inspire. My mission is to make poetry that is beautifully crafted and relevant to one and all. To me poetry is the people's manifesto of a better day."

In the early 2000's we were living in a time when the fight for justice for Stephen Lawrence was being fought in many arenas. Doreen Lawrence had the fighting spirit and was the inspiration behind the character "Lady of Rage" on *Poetry Revolution*.

The subsequent McPherson report was crucial in highlighting the reality of Racism in the UK; being sown into the fabric of the Met alongside British society in general. It emphasised the need to cut out prejudice if we ever wanted to see change and a thriving multiculturalism in Britain.

Past Tracks was designed to get the listener up onto their feet to dance and protest. In the poem *Poetry Revolution*, **Adisa** mentions "The secret of the fight is hidden in the dance" This notion is inspired by the African martial art called Capoeira where the fighting nature of music is hidden behind hypnotic melodies and dance like moves. However, on closer inspection one can see the playful moves are actually quite deadly!

Twelve years on and his EP remains poignant and painfully relevant. The need for communities to stand together for what they believe is right and not be gaslit with political spin and hollow sound bites remains the same!

Past Tracks is a call to arms, we can all make a difference however big or small. This EP is a reminder that WAR is still high on the agenda of the powerful, but peace is the antidote that we carry in our voices.

Now! Right now, is the time to sing!

About Adisa

Adisa is a London based poet, originally from Barbados. Performing since 1993, fusing poetry with different Caribbean rhythms alongside R&B, funk and jazz. He works in communities, schools, pubs, festivals and has performed at many venues including Buckingham Palace. He has been Hackney Poet Laureate and in 2009 was named New Performance Poet of the Year.

“I write & perform to probe, inspire and disrupt”

Links:

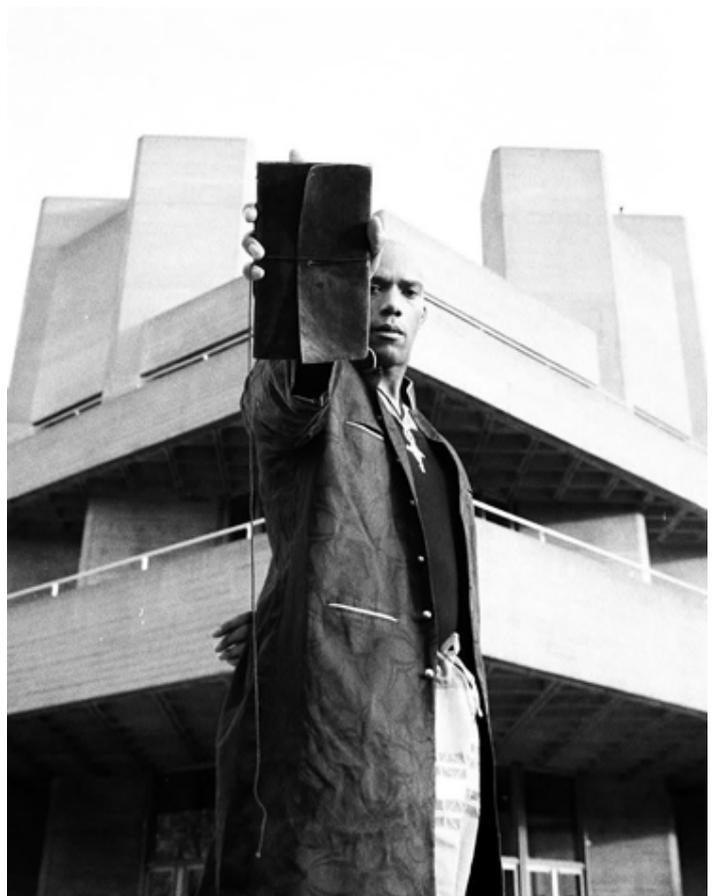
Twitter @Adisapoet @IrregularPat1

Web <https://irregular-patterns.com>

Bandcamp <https://adisapoet.bandcamp.com>

Youtube <https://youtu.be/hb0VxibPTTU>

Instagram @irregular3patterns
@Adisapoet



- ENDS -

For interviews, high res images and more info contact **John Kerridge**.

email patternsirregular@gmail.com

Irregular Patterns is a development label operating on a not-for-profit basis. Irregular Patterns turns the traditional record label set up on its head. The inversion can be simply described as the record label working for the artist. What this means is that artists retain 100% of their rights and royalties and agree to pay Irregular Patterns a share after income is earned - It's a trust thing.

