



**ftok**  
magazine

***this issue is dedicated to our kid  
and absolute favorite everything  
ninja, Cayden!***

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# what is ftbk?

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for the black kid, inc. (ftbk) is a platform, community, nonprofit organization, and now magazine working to inform, empower, and free Black youth. we do this through educating our youth and their families on Black history, holistic wellness, entrepreneurship, innovation, and the importance of circulating the Black dollar.

our goal is to cultivate a generation of Black youth who are proud enough of who they are and where they come from to pour their time, love, and talents back into their communities.



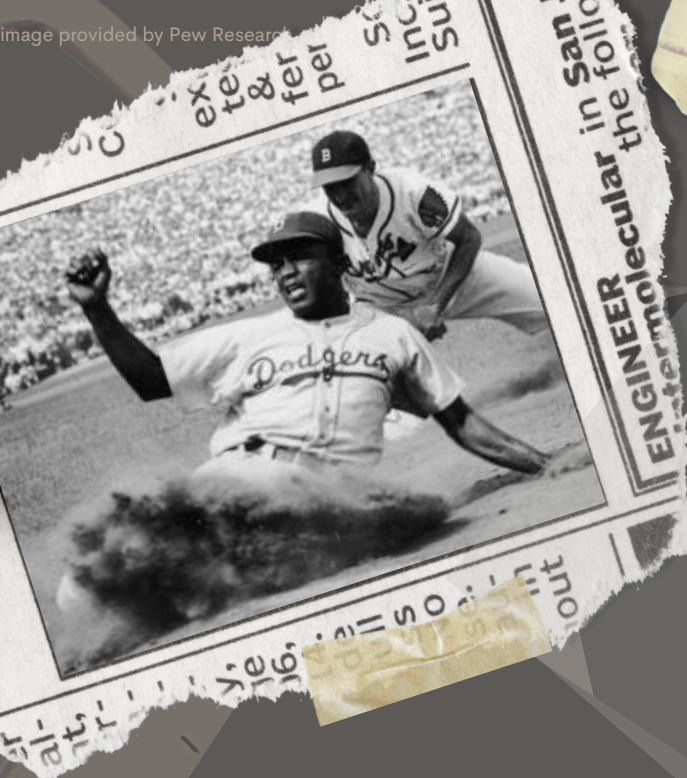
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# AROUND THIS TIME...

around this time is our brief history highlight. here we honor historical moments that occurred in the same month that this issue is released.







around this time, April 1947 to be exact, Jackie Robinson became the first black man to play major league baseball.

## THINGS TO KNOW ABOUT OUR JACKIE:

- he played a major role in the Civil Rights Movement.
- he fundraised for freedom riders and was a board member of the NAACP.
- he used his platform to increase awareness about social injustices nationwide!



IS T I C W E L T M E S S H O T

*mind body soul*



## why is holistic wellness important?

we want to show up as the best versions of ourselves. not just for ourselves, but for our community. our mission is to ensure the minds, bodies, and souls of our youth are well. we want our minds stable and at peace, our bodies strong and detoxified, and our souls at ease with who God is to us. being holistically well is such a salient piece of our journey toward the liberation of our youth.

mind  
body  
soul



PRA YERS +  
AFFIRMATIONS

PRA YERS +  
AFFIRMATIONS

**PRA YERS +  
AFFIRMATIONS**

PRA YERS +  
AFFIRMATIONS

PRA YERS +  
AFFIRMATIONS

God, I am grateful.  
thank you for this breath in my body.  
thank you for the mobility of my limbs.  
thank you for the stability of my mind.

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today, i ask that you guide me. be my aid and grant me the ability to discern and the wisdom to understand. continue to equip me with what i need to make a difference in this world. i will do the necessary work, just grant me with the provisions that i am unable to access on my own. God, i also welcome my ancestors of light and positivity to protect, lead, and comfort me.

each day that you put breath in this body, i will work to be the purest and most genuine version of myself. God, help me to become the person i always was.

the person you created me to be.

i am believing in you, as well as myself, for all these things and more.

**in your name  
àse + amen**

# who are we?

**we are young, black revolutionaries.**

**we are young, black activists.**

**we do not have the luxury of complacency.**

**we are creating the world we want to live in.**

# for the cutback kids

here at ftbk, we encourage a holistic, plant-based lifestyle. the recipes featured here are meant to inspire you to put something new on your plate.

we know the recurring narrative is that eating healthy is too expensive. we want this section to disrupt that!

here is a cheap, easy, and **DELICIOUS** recipe for you and the family

# chickpea salad

(a really great alternative for tuna/chicken salad!)

## instructions:

1. **rinse** and **drain** chickpeas
2. **add** 1.5 tablespoons of vegan mayo
3. **squeeze** mustard (about 2 teaspoons) into the mixture
4. **add** 2 tablespoons of sweet relish
5. **chop** and **add** yellow onion
6. **season** to taste using pepper, paprika, garlic and onion powder, and chicken seasoning
7. **mix** thoroughly

## ingredients:

canned chickpeas (2) - \$1.25

jar of sweet relish - \$1.00

yellow onion - \$0.70

vegan mayo - \$3.00

mustard - \$1.25

black pepper - \$2.00

smoked paprika - \$1.00

garlic powder - \$1.00

onion powder - \$1.00

### **optional:**

chicken seasoning - \$2.00

liquid smoke - \$2.00

## things to remember:

### **option 1:**

you can add the mixture to your food processor to give it the texture of tuna/chicken salad

### **option 2:**

mash your mixture by hand

**keeps for 3-5 days, and serves 2-4 people!**





**THE KID'S WORKOUT ROUTINE**  
**TIME: 30-MINUTES**  
*(at home)*

jump ropes  
(2 sets of 50)

jumping jacks  
(2 sets of 25)

cardio

breathe

legs

curtsy lunges  
(2 sets of 25)

side lunges  
(2 sets of 25)

Take a sip of water

toe touches  
(2 sets of 25)

russian twists  
(2 sets of 25)

30 second plank  
(2 sets)

core

30 sec rest

arms

pushups  
(2 sets of 15)

cool down

jump ropes  
(2 sets of 50)

jumping jacks  
(2 sets of 25)

almost done!

always **begin and end** by taking time to stretch the ENTIRE body  
drink water **heavily** the day before your work out  
**listen to your body** - rest when you need to

we are not professionals, these are exercises that we enjoy and want to share with you all



# **WORK OUT WITH US!**

**IF YOU'D LIKE ACCOUNTABILITY, COMMUNITY, AND  
INSPIRATION FOR YOUR JOURNEY TOWARDS  
OPTIMAL HEALTH, BECOME A MEMBER TODAY!**

**entrepreneurship**  
and  
**INNOVATION**

**DAESUN CUPID**  
**CHOREOGRAPHER.**  
**DANCER.**  
**ARTIST.**



*all images in this section are courtesy of daesun*



## 18 | HOLISTIC WELLNESS

**we love to ask informal questions to break the ice. so, would you rather be in the Marvel universe or DC Universe? and why?**

*DC because the universe gives off a more raw intensity than Marvel.*

**thank you for entertaining our shenanigans. now, tell us about your journey. when did you start and why?**

*Well, I started dancing for the reason most young boys do.... which was for the attention of girls. I originally attended John S. Davidson Fine Arts Magnet School for film and directing but then found my interest in dance then under my mentor Sharon Skepple Mayfield. I found my passion for dance during the "YouTube Era" so much of what I was learning on my own time was from tutorials online, and this is how I found my interest in the entertainment industry.*

**how has the support been throughout your journey? from family, friends, etc.?**

*I have been extremely blessed with a strong support system throughout my journey so far that I know many aren't as lucky to receive. I met some skepticism of course in a lot of people but never opposition.*

**careers in the arts are frequently looked down upon by those who revere more vocational, traditional occupations. how do you remain focused and encouraged?**

*That's definitely been a struggle of mine. It was much harder to fight the urges of remaining comfortable and getting complacent when I was trying to be in college at the same time, but I got rid of that option by dropping out about a year and a half into my studies. I know myself well enough to have been mindful that I wasn't and would never push myself to my greatest potential if I felt like I always had a plan B to fall back on. I had to make succeeding in this field my only option and give all of my attention, time, and energy to it in order to get where I want to be. I'm now able to stay focused thanks to being surrounded by amazing peers, leaders, and my significant other who are all pushing to be great in the same industry. That friendly competitive spirit pushes me to continue to look for ways to grow and find what avenues can take me to the next level.*

**you have done some really amazing work on Coming 2 America, the BET Hip Hop Awards, and so many other projects. do you have a favorite? why or why not?**

*My favorite to date had to have been BET Hip Hop Awards. If you'd asked me a month ago my answer would've been very different but that was an experience that I've recently come to appreciate even more. I was blessed to work under 3 of the biggest names in the dance industry very early in my career and was put into a room with people who had about 10 years each around in the industry. The mental stress that I went through to hold my own throughout that experience broke my spirit, then rebuilt it twice as strong and I wouldn't be reaching the new heights I've been able to since then had I not gone through the pressure that job brought me.*



**in the dance space, it is common practice to begin technical training early. that was not your journey, did that impact your career in any way?**

*It definitely did and that was for the best I believe. As I was finding my foundations in dance and what moved my spirit, I never had the technique or anything to rely on or default to when it came time to dance whether it was in a class, rehearsal, or for a performance. I only had my spirit and emotions to fall back on and that is what has made it easy for me to adapt and learn new styles as I'm growing because I can relate to the feeling and intention behind them quickly. It also makes it a lot easier to take on whatever persona I need to in order to perform.*

**tell us about the inner work, the self-work, the work that happens behind the scenes that you have to do in order to show up and perform as your best self?**

*Comparing ourselves to others through social media is a big issue a lot of uprising dancers have in the industry, especially myself. I tend to have to remind myself of my intentions a lot when it comes to using apps such as Instagram. If I post a video just because I like it, I have to stay focused on why I posted it and not on why certain people didn't like it or where it could take me next in my career if it had been better. I'm extremely self-critical as well, which is both a gift and a curse, but especially a curse when it comes to creating and liking my own work. It usually takes me days after I create a piece or shoot a video in order for me to like it. I also work a lot on un-filtering my emotions. If I'm listening to a song that makes me feel something but I don't know how to express it, I listen to it over and over again until I find a solution to the "puzzle" that is translating my feelings into movement. I do this all the time whether I'm in the grocery store or in the car to train the flexibility of my mind so that no matter what song I need to dance to for a job or just for fun, I know how to say what I'm feeling through dance.*

**here at ftbk, it is our duty to empower Black youth in any way that we can. what would you say to the young Black creative that is trying to find their way?**

*I would tell them to be patient with themselves and to fall in love and stay in love with the process. There will be a lot of no's and opportunities you may not be ready for yet but as long as you consistently grow, you will be ready when your time comes. Another piece of advice is to never sacrifice your love for your craft for money, fame, or success. You won't realize how special and rare that feeling is until it's gone... by then it'll be too late.*

**thank you so much for your honesty and your time, it has been a pleasure.**

*Thank you for the opportunity to share from my own journey and I hope that this is able to inspire anyone who comes across your amazing platform!*



"I know myself well enough to have been mindful that I wasn't and would never push myself to my greatest potential if I felt like I always had a plan B to fall back on."

- DaeSun Cupid



***we love to ask informal questions to break the ice. so, what's worse: laundry or dishes?***

*1000% dishes...especially when people leave their nasty food on the plate and proceed to put that in the water. PSA: Rinse the plate, please!*

***thank you for entertaining our shenanigans. now, tell us about your creative journey. when/how/ why did you start?***

*I got into writing after my mom signed me up for a spoken word contest at my church in middle school. It turns out no one else signed up, but in order to win the gift card, I still had to spit the poem. Apparently, I didn't do too badly and a church member told me I should check out a show called Brave New Voices. I watched one episode of the slam competition and was hooked to the craft from there. My sketches were more of a gradual thing. Often, I sketch when I can't write what I'm feeling, or when the emotion is coming out of me faster than what words will allow me to logically form.*

***what is your creative process like?***

*Life is what inspires me most, and I feel like it's an artist's responsibility to respond to the world that surrounds them. So naturally, I'm inspired by my day-to-day. And I hate to sound nonchalant, but the ideas/ concept sort of just come from my observations. I wouldn't say I have too much of a process actually. I just move in the moment that inspires me.*

***tell us about the inner work, the self-work, the work that happens behind the scenes in order to produce such honest and (sometimes) even political pieces?***

*I keep myself open....that's as best as I can describe it, and that's difficult work. To stay vulnerable enough to be felt. I can't allow life to harden me, because I can't create from that space.*

***how do you balance consuming and creating? do you create more than you consume? or vice versa?***

*As humans, we're always consuming something, and because most of my art is a reaction to life, I'd say I consume way more. My work is, in fact, a byproduct of compounded consumption.*

***all of your pieces have a powerful meaning behind them. is there one that resonates with you the most? why?***

*From a writing perspective, "Rabid" is my favorite. I really like the structure of it and the topic is about the mind and how it comes and goes. Mental Health is a topic that's near and dear to me and I believe the way I embraced the topic hopefully allowed people to understand pieces of it. From a sketch perspective, I'm recently proud of "Scary Movie." It was one of those compounded consumption products that told multiple stories about race and America in one piece.*

***is your work a form of catharsis for you?***

*It works as both a way for me to unplug and to plug in. Sometimes, I use my art as a release, but sometimes, especially as of late, I use it to jolt myself back into reality honestly. A lot of life can numb you. It can make you desensitize, but I write or draw to stay present. To embrace the fullness of the human experience, and to ultimately not let the chaos of what can surround me decay my condition.*

***here at ftkb, it is our duty to empower Black youth in any way that we can. what would you say to the young Black creative that is trying to find their way?***

*I would tell them to understand the value of their voice. Nobody can tell *it*, whatever your "it" is, how you can, and that matters. You don't have to be anything else but yourself to be meaningful. I'd also tell them that sometimes it's okay to be your only audience. Art can get lost and contrived when it becomes too much about the viewer/listener. Some of my best work is work that I created to help heal parts of me, and then simply decided to share it.*

***thank you so much for your time and thank you for sharing your work with all of us.***

*Thanks for having me!*





# SCARY MOVIE

IN A COUNTRY NEAR YOU



in every issue we publish, we will include a list of Black-owned products or services for our readers to purchase. we implore you to invest your dollars in your community.

buy it black kids...always.



browndages



Coral Oral

Image provided by coral oral

coral oral toothbrushes



true laundry detergent

Image provided by true products

The flbk Tapes  
vol. i





play





# a word from our founder

hey kid,  
thank you so much for supporting what i am doing here with for the black kid, inc. this organization has become like a child to me, and it truly does take a village. thank you for being part of my village. i find it so important to pour back into the community that made me into who i am. my goal is to inform and liberate Black youth in the only way that i know how, which is through education. your love and support are making this journey toward liberation possible. i pray that this magazine resonates with you, inspires you, and brings some sort of light into your life.

i love you.  
~kennedyj.



AND ALWAYS REMEMBER...  
**PLAY NICE KIDS.**