Way of Life

dead prez

guitar plays and birds in the background(Verse 1)
What you know about the running, the stretching
The cars, the weapons
The path, the journey
The jewels, the learning
The fear, the focus
The aches, the pains
The contact sparrin', the breaks, the sprains
The trial and error, the ranks, and belts
The spiritual growth, the science of breath
The tests, the techniques
The forms, the stances
The flow, the rhythm, the internal answers
The herbs, the healing, the quiet meditation
The truths reveal through daily dedication
The love for the art, the sweat on your shirt
The mind, the body, and the spirit that work
The feelings of failure, the hope to succeed
The battles of questions like "Should I smoke weed?"(Verse 2)
The water, the thirst
The cleansing, the blessings
The flash of insights, the teachings, the lessons
The grappling and locking, trapping and boxing
The training and slacking
The starting and stopping
And stayin' committed, when your homies ain't with it
The hours or practice after the class is finished
The cause of your ignorance, flaws in your discipline
Broken laws of nutrition, and pork and dishin'
The vitamins and supplements
Salads and ointmentsThe kingships, pull joints in doctor appointments
The dues, the pads, the wraps, the gloves
The mouthpiece you left home, the taste of your own blood
The hunger, the blocks
The punches, the squats
The crunches, the example you set for the youngsters
The will, the skills, the kill or the hill
The separation between what's fake and what's real
The laws of physics, The class "comradery"

The vows of humility, the bow, the courtesy.*guitar plays*(Sample)
Self defense doesn't mean you run and attack someone
But you do have the right to defend yourself by any means necessary
If you in that position to defend yourself (Ha!)