

## Way Of Life

dead prez

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?"

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 ointments

The 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.

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!)