

Training Day Soundtrack

"Dirty Ryders"

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[The Lox]

Yeah, yeah, yeah

What up Looch (What up, what up D-Block)

We did it again shocks, no doubt

Yeah (It's The Lox!) Still, ain't nothin' changed (Still a ghost)

It's still a ghost baby (Come on, what's up, yeah, yeah, yeah)

You see me don't say shit nigga (Grab ya burner and bust off)

What (Uh huh, uh huh) yo, hey yo...

[Sheek]

You know that motherfucker Sheek Looch is a gladiator

Like Russell Crowe, with my heat in a rad-iator

I come through slow you out there I'm lettin' it go

I got fire for ya ducks you want lissome dro

That's why I ain't got mercy for pigs

Off the roof, I let shit parachute to their wigs and their kids

I treat their face like I'm goin' to my safe

Ten to the left, six to the right (Ha ha)

240 pounds and I ain't tryin' to fight

And they don't make cuffs strong enough to lock me in

And your vest ain't thick enough to stop all ten

The sergeant be callin' up ya next-of-kin

But FUCK THAT my guns gotta speech problem

They stutter when they spit

Go through you when they hit

My shit ain't got no manners

Chromed out sniper rifle with the tank bananas, uh uh

[Hook: Jadakiss]

Training day, you could hear the sirens

All the cops crooked like who you people jivin'

Head shots, shoot between the eyes

And bullets in the dome like all you cowards dyin'

Knife work, stab you in the heart and the throat

And we don't leave till you gargle or choke

And we Black Mob, L-O-X guerilla niggas

Show you how to kill a nigga, you ain't got to feel a

nigga

[Styles]

I love my niggas, why wouldn't I

Die for my motherfuckers, how couldn't I

Want a lot of things but it just ain't affordable-ac

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