# Abidin Zainal "Skwad Training"

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As we embark, on Boom Skwad blunt rolling technique, 314

(one two)

For those of you needing a reference (yeah)

Please turn your textbooks to page four (whoa)

\*pages rifling\*

As you will notice the diagram above you

Please follow it's instructions to a T

(mmm-hmm, fuck the rest)

Do not make an error

For those of you needing further reference

You may, purchase the Redman album, the first one

Listen to the song "How to Roll a Blunt"

But until then, you shall learn

(I'm high)

### [Tame One]

I use my Colt 45 to shoot down your Olde English By the time that I'm finished I peel the caps off six Guinness

Skwad Training helps me to peep a sucker's weakness, like

Telling your secrets, or kicking it to your freakses

You couldn't go there with directions

I make crews break out like skin infections from my rap lethal injections

(Notty headed terror)

Hoes get caught up in my web like flies

One look at my red eyes, Tricks jump into backflips like ledis

Black little rascal dissin dips at White Castle

Got love doctors baffled why bitches ride me like a saddle

(How does he do it?)

Is it live or Memorex when I be on deck

Loose from deuce deuces from the neck and then I jet

Et cetera, catch my rap and after that kick back

Competitors could rap, but they recycle like six-packs (robo-nigga)

Wack ain't the word for ya, NIGGA, I never heard of ya So turn it down a notch or two or watch my crew murder

# [El Da Sensai]

Yo hold the phone, tone niggaz like That's raps are prone

To dissasemble members only who think they're grown See, we're from the Bricks where tricks hustle for dick DKNY, MC's think they rhyme styles be fly, I bear witness, that, we bring the crispiness Exquisite, prolific, the two that brew the gifted or uncanny, playschool the days who misbehave Pray their handy, MC's wreckin niggaz with the dandy style so peep the tech, X be the brand called seb? and these niggaz from New Jerus is next on hand Formulate rhymes, create lines, collaborate with the DATs and mindstate, that makes your braincells ache

Niggaz get dissed in the cut, now they finished Advantage to the victor all crews be diminished

You will continue rolling your blunts, in a counterclockwise fashion (wack MC's, they all get the dick) Gripping it firmly, yet loosely at the ends, twist it in a counter-clockwise motion No cheating, no Easy Wide will be distributed You will be based to rely your skills on pure instinct... (next up)

# [Tame One]

Tame One be rockin on cloud nine with rhymes that flow frequent

Peep how when I speak I freak sequins Henceforth I piss MC's off more often, I'm the boss Hittin my blunts dipped in secret sauce

# [El Da Sensai]

B-ball treats, dance on treats like neats rapper that's fleet

Step on competiton with my hollowtip cleats
Past the rumors, that, the Artifacts got lazy that's crazy
Makin joints that make your thoughts hazy

### [Tame One]

Morocco Mole MC's can't see me with they specs on Gassed up like Getti watch me blow spots like Exxon I'm Unfuckwittable like Jamal and George Clinton The Ex-West District politician like Gibson

### [El Da Sensai]

Dissin those who missin blows, kick shit to program

a instrumental jammer by the mental blow's manner Vicious, Delicious with the Vinyl fuck bitches who got dreams and wishes for niggaz to feed em fine dishes

# [Tame One]

We sabotage your entourage with a barrage of lyrical cheapshots at your weak spots, sleep not This style spits on MC's like I do beatbox In my size nine Reeboks, I'm Cummin' Thru Ya Fuckin' BLock

# [El Da Sensai]

MC's perish from the shit that we deliver Giver of a script to play it like Frank Gifford Fools with no tools get dealt with from the belt tip Who else is higher from the first to get melted Exactly, no match, niggaz puttin caps on my raps Actually, broads ain't naturally, fit Fakin jax, blow styles on the map Artifacts, bringin back, that shit that niggaz lack!

### \*whistle blows\*

Time

(Yeah, niggaz don't know the time)

Put your blunts down

(So, if you wanna roll with us and be down)

Those of you who have rolled your blunts correctly

(Check the sound y'all)

May pass on to a much higher state

Those of you who fucked up

Get an F in fetal blunt

(with the corruption, niggaz be... bust men)

for those ridiculous ass holes, and those ridiculous

canoe

you got burnin

(Slim Jims)

You stay back

(Fuckin up in your shit in football and b-ball)

This is the Boom Skwad president signing off

(Fuck it, I just keep on and on and on)

May your blunts stay tight

(Wet it with the steelo, niggaz know they below, status)

And your eyes red

(My fuckin apparatus, be the baddest

Entertainin, niggaz not remainin, into my sickness..)

Good evening

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