

## Jeru The Damaja "Physical Stamina"

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featuring Afu-Ra

Afu: Yo 'Ru

Jeru: Yo whassup?

Afu: Yo, c'mere, c'mere. Yo, let's freak that rhyme we

was freakin' the other night

Jeru: I'm sayin' I'm with it, just set it off Afu: Yo, after this, there's no turning back

Jeru: I'm saying, just set it off!

Peter Piper picked peppers

Physical paralysis, open your chest like a chalice MCs couldn't strike movements we wish to brandish I'm tormentin', mind states lyrical warrior I flow through, fuck the mic I fuckin' floor ya Headlocks and armlocks, necks is gettin' broken No jokin', format'll leave your whole borough smokin' Fist of five rings, I fling MCs to the gutter Samurai sharp, more deadly than box-cutters Ultimate, as I emit your death blow Perverted Monks, and Jeru with the combo

And Run rocked rhymes but now he rock hymns I got G through mama the physical extremities Indomitable The spirit can't be broken But jaws are broken And even backs are broken Think you're on point, well let your points of pressure open Foot and fist got your head hangin' open The breath rebirth I damage in the mental and physical universe You quake the earth when you hit face-first Brake before it gets worse But those that thirst for abuse get loose 'Cause soon I'll be around that neck tight like a noose God, show improvement

More than the Juggernaut Electric like Magneto

## Know you couldn't test Mental, or now the sequel

I slip to the floor for the grapple I crack your collarbone, while I bust your Adam's apple Spleens get ripped out the backs of your raps Broken-down fractions as you start to make actions It's too elusive, how I'm quicker than Bruce's Silver surfin', the universe is now its astrological As I proceed in my vehicle You can't stop it Fiber-optic, so you watch it Sophistry, with so much fury You can't get with me Fight scenes are left bloody Poisonous. My thoughts make plates shift Some may call this tectonics But airwaves from miles I boil by my sonics It's ironic, got MCs hooked on phonics So physical styles I construct like bionics

Displaced joints like Shaolin should not Furious roundhouses cause bones to splinter Protect your feet, legs, midsection and neck 'Cause I'm here to let you know it's not just on MPEGs We wrecks, and more than just figuratively Let it be known that we bringin' it physically And the effect is bodily harm No chance to pull your firearm For the body move swift and the mind stay calm Ways shift like the moment before the storm Watch my form It's deadly Come to close it could get bloody And ugly You think that you could stop me? Perverted monks, so now we apply pressure This Stamina's style is iller than its predecessor Dial witch professor, mix up the elixir Internal power, MCs we devour

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