

DJ Format

"Vicious Battle Raps"

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f/ MC Abdominal

[Abdominal]

I like to rap a lot so permit me to rap a little

My name is Abdominal I'll make you laugh and giggle

Just like a little schoolgirl when I'm touching the mic

Me and a crap rapper? Nothing alike

Cos they crap, and I'm not

Could you demonstrate? Why not

Let me take this little opportunity so soon you'll see

How you and me be different when it comes to fluency

The crowd be rooting me and booing thee

First to hit 3 lines that you be polluting the

Atmosphere with, you'll get subjected to scrutiny

Stupidly oblivious to the soon-to-be mutiny on the

Part of the crowd,,eventually even your crew will be like

"Abdominal is pretty damn good"

But that's what I've been trying to say man

Would you remove those bananas from your earholes
and pay attention

In the long run this will bring everyone less tension

And I won't be forced to have to hit you with these
vicious battle raps

But really less battle raps than straight up facts

Kinda like a news report

Untrue? Fuck you be this Jews retort!

You'll lose the sport, can't you see the predicament?

Nurse, gauze, and lots of ligaments

Victim sent courtesy of a friendly neighbourhood
Abdominal

Doing his best to fill the hospitals

They say he's some sort of musical vigilante

On a one-man crusade to do away with anything even
remotely wack

He rips the lips off of rappers and frees the tracks

We really can't thank him enough I'd love to shake his
hand

Say thanks for taking a stand evacuating the land of
the uncreative and bland

"Doctor is it true when they say that he's as handsome
as a deity"

Like a chiselled greek god, plus nimble like a tree frog

But with the strength of 10 men, who each possess the
strength of ten men!

"In other words the strength of 100 men?"

Nurse, please dont interrupt me when

I'm in the midst of a descriptive homage to this folk
legend

Rumour has it that he's bench-pressing

At least 400 pounds and that's with the left arm alone!

What about the right? Writing poems

Simultaneously, insane ya can see but that's the type of
mc that we're

Dealing with here, highly creative annunciation
impeccable

Delivery style versatile very flexible breath control
unparalleled

In his line of work his rhymes will hurt these spineless
jerks

Yeah they'll still find the time to flirt, with all kinds of
skirts

"He should try a nurse" keep your mind on your work

Like he keeps his mind on the verse when he's timing
his words

You could set your clock to the rhyming ya heard
emanating from between the two lips

Of the ABD-om-INAL, suckers think they swell

He'll be like "hmm pray tell"

They straight K-Tel wheras he be cold chilling

Steady knocking fillings outta mouths of super-villains

And then charging 'em for dental repairs

Lay em down gently in the dental chair

Fasten the bib, a real no-brainer

Next step in the procedure administer the novacaine

Or better yet a more effective anaesthetic

Like a pint of chilled rubbing alcohol for the vocally
pathetic

Once theyre snorin the work commences by this

Blood-splattered, demented dentist

Dr. Abdominal extracting tongues, rendering wack
rappers dumb

Some who look like they got a bit of endurance

Also get their lips sewn shut for assurance

I know it sounds harsh but he can't be sympathetic

In his war against the wackness it's an epidemic

Spreading over cities nations and continents

Abdominal heaven-sent antidote, through dopeness

With a 'M' on my chest, for microphonist

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