

## MC Abdominal

### "Vicious Battle Raps"

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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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