

Bronze Nazareth

"Shaolin Kung Fu Training"

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[Intro: movie sample] Shaolin Kung fu takes long to learn So I hope that you will all persevere Study harder, practice harder [Bronze Nazareth] Yo, I travelled from far regions to enter the chambers They sent me to a school where the books taught danger Mediate 4:30am, take in nourishment Practise finger jab at the northern polar scene Blessed with the technique of the eighty ancestors Who once low hand cave, possess the drunken chest In the armoury, six harmonies, fist principles Taught me absorb but tax, my arm is invincible Practised for years, cobwebs on the console From the crane, we learned grace and self control Thirst of bitterness, the sweetness attack elite fist Creep wrist with ancient styles and burning leeches Dragon form, venomous snake moves tongue Bones crunch from seven ways of plumb flower punch White eyebrows, kung fu style, forbidden touch Open hands test jammers with the twelve stepped push Read books for a thousand and ninety five days On tiger style, short knife form, have five inch graze Leave the abbot amazed with my deadly dazzling ways Flying crane hand dislodge tissue from the ribcage The myth stays grounded as all foes are pounded When the fire form, cotton needle skill abounded Teachers and fellow monks watch me advance My __ tail strikes, splitting the stitching off your pants Moved up the weaponry, proceed towards the goal The cold viper fracture arms of beggar's pole Five elements fist striking vital points at risk Told one on with the blow on how I truncate the wrist To preserve and leave here takes many years of practise The sword style masters, scaphoid be the axis Asked the abbot if I'm ready for the hall He said I need more wisdom, looked at me with a pause Told me, 'don't fear ten thousand kicks they practice once Fear one kick practised a thousand times, son'

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