When you're down and feeling low And there ain't no place to go Just put your mind in second gear Say I'm out of here

When your friends bring you down And there ain't no one around You scream out loud At the top all you want is out

Kick 'n' fight tonight
Just kick 'n' fight that's right
Kick 'n' fight

Now you know how to hang tough Say man that wasn't rough Well, in your mind there's nothing to fear Now you're in gear

One bite from the fox You'll know it's time to rock Get off your seat and on your feet And you they won't beat

Kick 'n' fight tonight
Just kick 'n' fight that's right
Kick 'n' fight

Kick 'n' fight tonight
Just kick 'n' fight that's right
Kick 'n' fight