

# Physical Stamina

Jeru the Damaja

Yo 'Ru  
Yo whassup?  
Yo c'mere c'mere. Yo let's freak that rhyme we was freakin'  
the other night  
I'm sayin' I'm with it just set it off  
Yo after this there's no turning back  
Jeru: I'm saying just set it off!

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

Peter Piper picked peppers  
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