

As we emerge from the woodwork  
Step in to the front  
Take control  
Its like clockwork  
Well I knock first  
To pre-warn of my presence  
About to enter  
And overflow the trauma center  
So recommend ya to think twice  
FitnRedi dishin out rhymes by the slice  
But of course  
There's a price  
For everything now  
And with the beats from Kemo  
They're made to entice  
The fealin of temptation  
And the thoughts of should I or shouldn't I  
Gotcha complicated  
Yea, the rhyme's stated  
Opposition cant debate it  
The jealous hate it  
While the ignorance is there  
Rated R for Renegade  
Red-1 rock steady  
Connect wit the fit  
Never miss cause we ready  
To grab the mic  
And show you who got the clout  
Dwell, drown last minute in this world title bout  
So sound the bell  
An lets do this  
Taken  
Whoever got bones to pick  
Like an archiologist  
Speak now  
While we be on the topic  
And if not  
Shut ya mouth while we drop it

When I plan my attack I doubt that ya ready  
Red-1 and Misfit come into this we rock steady  
When I plan my attack I doubt that ya ready  
So think it over before you make moves of a soldier

I snatch the mic  
With the blindedness  
Speed of the mantis  
Pray my things dont cross ya path  
For bigets  
Were in my favor  
The closer we stand  
To dividedly running  
Is my specialty  
So test me  
Show inflexability  
Rappin and kickin simple similies  
At all you lazy

And to the non beleiver  
Yes  
Its the one and only  
None of the rest  
Run parralel to me  
Like an analogy  
I got to be  
Coming in first  
Its my hobbie  
So the last one of the block  
Simply cause i'm cocky  
Floating  
A butterfly stinging like a  
I told you long time  
You must go down  
Before my science  
Leavin you deaf  
Comin blind

Yea  
Set of this ritual while burnin insence  
Drop to my knees  
Ask for guidance while on the offense  
The dead presidents  
The obligations to my soul  
Leavin to stratigics  
Its all mind control  
Self discipline  
With ambition be my conditionin  
Never missin  
Demolition  
For all opposition  
And thats straight up  
Because this aint no joke  
You gots to be fitnredi  
We aint gentle folks  
We be renegades  
Procede to engage and rock  
Never failed a class class  
Sound like we's down wit Pac  
Shit still on lock  
And figure four got the stock  
Plus we the foundation for these dreaded juggernauts  
Who got world domination on the mind  
Done to our design  
East 33rd's the first place that i'll be in my shrine  
Steady train  
Keep fit and maintain  
Master Red-1 renegade  
True to this game

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Its just one a them thangs  
You know  
Don't take it personal  
And if you do  
When ya coming  
Bring ya arsenal  
Because

Who don't take heed  
Indeed will feel  
You need conditionin  
Go get the lyrics of steel  
And take a listenin  
You see you nothin but a tourist  
In the land of the fittest  
You just a low life forest  
Hip Hop stranger  
Now ain't nothin that can save ya  
Cause ya buck up in a Red  
Now ya in a danger

Yea  
Same goes for Misfit  
Rockin ya will like a manger  
So baby listen  
And then  
I am the player  
Who is most valuable  
Reckin with the flows thats infalable  
It be  
The lyrical contortionist  
Misfit along side Red-1  
Get it heated real quick  
So don't forget  
Cause jack be nimble  
With the rhyme  
Bringin you to the floor that one 1st time

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