

The body,
the mind,
the target,
the shape,
the breath,
the hand,
the weapon,
the weight.
the silence,
the sound,
the tide,
the wake,
the sword,
the spirit,
the soul,
ablaze.

The bird slips out of my hand,
And into the heart of the enemy,
The bird slips out of my hand,
Plunges into the heart.

The strike,
the union,
the quest,
the aim,
the perfect momentum,
the unyielding haze.
the focus,
the tide,
the void,
the space,
the domain of self.

The bird slips out of my hand,
And into the heart of the enemy,
The bird slips out of my hand,
Plunges into the heart.

Rin,
Kyo,
Toh,
Sha,
Kai,
Jin,
Retsu,
Zai,
Zen.

The bird slips out of my hand,
And into the heart of the enemy,
The bird slips out of my hand,
Plunges into the heart.