Two, three

Keep the man down
Said the captain with ease
We'll trigger the bait
Then kill as we please
Scuttle her bough
Their rope it will shred
They can swim all they want
But she'll bury her dead

Keep the man down
Though they'll put up a fight
We've cannons and guns
All they have is their plight
We'll rise and they'll fall
Like rats and they'll flee
Then plunder her shore
From under their feet

Try keep the man down
Said the Cumann na mBan
We'll be by their side
Every woman who can
Our candle will glow
Her light shall be free
Try keep the man down
Said the Cumann na mBan

Try keep the man down
Said the Cumann na mBan
We'll strike as the tide
Washes you from our land
Plant, till and grow
Our bounty to be
Try keep the man down
Said the Cumann na mBan
Try keep the man down
Said the Cumann na mBan