

## What Is Sleep

Karate

For 2 hours  
before I sleep.  
I make my problems  
come to me.

For 5 minutes  
before I wake.  
I understand,  
I understand,

I understand.

What is heavy,  
when you're weak.  
When you're awake for days,  
what is sleep.  
For 5 minutes  
before I wake,  
I understand,  
I understand,

I understand.

You all just stand by.  
You all just stand by.  
You all just stand by.

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You all just stand by.  
You all just stand by.  
You all just stand by.