

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.