

Homeschool PE

This is the way you make a fist.
This is the way the thumb curls
around your fingers so it doesn't break
when you strike a man. When you strike a man,
here are the soft places to aim for.
These are the piercings that can be
easily torn out in a fight, and this
is why you'll never pierce your face.
This is how much pressure it takes
to tear a man's ear from his head.
This is how to hold a gun,
and here are the places you aim
to kill a man. To kill a man,
you must pull the trigger calm
as a finger curled through hair,
anything more might cause you to miss.
This is why you don't miss and this
is why you don't miss. Here
are the exercises to keep your hand
from cramping up at night. This is the way
you sleep, same as the way you stand,
stick straight, staring straight ahead.
This is the way you breathe, in
through your nose, out through
your mouth. Your mouth
caged by teeth,
this is the way a tongue leads
to ruin, and this is why you don't speak
and this is why you don't speak.