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.