

# Composure

August Burns Red

Messengers

Words by August Burns Red

Standard tuning

Moderate ♩ = 195

S-Gt

Musical notation for measures 1-4. The staff is in 4/4 time with a treble clef. Measure 1 starts with a first fret barre (indicated by a '1' above the staff) and contains a quarter note followed by eighth notes. Measures 2-4 continue with similar rhythmic patterns. Below the staff are three empty lines for guitar tablature, labeled 'T', 'A', and 'B' on the left.

Musical notation for measures 5-8. The staff continues with the same rhythmic patterns as the previous system. Below the staff are three empty lines for guitar tablature, labeled 'T', 'A', and 'B' on the left.

Musical notation for measures 9-12. The staff continues with the same rhythmic patterns. Below the staff are three empty lines for guitar tablature, labeled 'T', 'A', and 'B' on the left.

Musical notation for measures 13-16. The staff continues with the same rhythmic patterns. Below the staff are three empty lines for guitar tablature, labeled 'T', 'A', and 'B' on the left. Lyrics are written below the tablature lines, aligned with the notes in measures 13-16.

*f*  
Shake it off. Pick your-

X— X— X— X— X—

19

self up, they say. Your life fell a-part in

T  
A  
B

23

your hands, you've got the scars

T  
A  
B

1

26

to prove it. It's not the first time,

T  
A  
B

$\text{♩} = \text{♩}55155$

30

and they're get-

T  
A  
B

35

ting dee-

T  
A  
B

39

per. pull it to- get-

T  
A  
B

43

her. But- ton up your shirt. Roll

T  
A  
B

47

downthose sleeveDon't

T  
A  
B

51

let them see how you've

T  
A  
B

54

coped. It's

T  
A  
B

58

not the first time, and they're getting dec-

T  
A  
B

62

per. More and more your

T  
A  
B

♩ = 16♩

♩ = 165

66

de-  
X (X)

T  
A  
B

Detailed description: This system covers measures 66 to 70. The top staff is a treble clef with a 4/4 time signature. Measure 66 starts with a guitar-specific notation: a cross on the first string, a vertical line, and a note. This is followed by a series of eighth notes with stems pointing down. A slur covers measures 66 through 70. The lyrics 'de-' are positioned above measure 66, with an 'X' below it. In measure 67, there is an '(X)' below the staff. The bottom staff is a six-line guitar tablature with the letters 'T', 'A', and 'B' on the left side.

71

mea-  
X X X

T  
A  
B

Detailed description: This system covers measures 71 to 74. The top staff continues the eighth-note pattern. Measure 71 has a slur over it. Measure 72 has a slur over it. Measure 73 has a slur over it. Measure 74 has a slur over it. The lyrics 'mea-' are positioned above measure 74, with 'X X X' below it. The bottom staff is a six-line guitar tablature with the letters 'T', 'A', and 'B' on the left side.

75

nor looklike quick- sand. More and  
X X X X (X) X X X X

T  
A  
B

Detailed description: This system covers measures 75 to 78. The top staff continues the eighth-note pattern. Measure 75 has a slur over it. Measure 76 has a slur over it. Measure 77 has a slur over it. Measure 78 has a slur over it. The lyrics 'nor looklike quick- sand. More and' are positioned above measures 75-78. Below the lyrics are 'X X X X (X) X X X X'. The bottom staff is a six-line guitar tablature with the letters 'T', 'A', and 'B' on the left side.

79

more your de- mea- nor looks  
X X X X X X X X X X

T  
A  
B

Detailed description: This system covers measures 79 to 82. The top staff continues the eighth-note pattern. Measure 79 has a slur over it. Measure 80 has a slur over it. Measure 81 has a slur over it. Measure 82 has a slur over it. The lyrics 'more your de- mea- nor looks' are positioned above measures 79-82. Below the lyrics are 'X X X X X X X X X X'. The bottom staff is a six-line guitar tablature with the letters 'T', 'A', and 'B' on the left side.

83

like quick-sand. It seems like

X X-X X (X) X-X X X

T  
A  
B

87

your gi-ving up

X X-X X-X X (X)

T  
A  
B

♩ = ♯55155

91

gi-ving up on ev-

(X) X X-X X X-X X

T  
A  
B

95

ery-thing you worked for. It seemslike your gi-ving

X-X X-X X X X-X-X X X-X X

T  
A  
B

♩ = 165165

99

up gi- ving up on ev- ery- thing you

X-X X-X X X X-X-X X-X-X X

T  
A  
B

103

worked for. It's pul- ling you un-

X-X-X X X-X X-X-X-X X

T  
A  
B

107

der. It's grip- ping ar- ound your throat.

X-X-X X X-X-X X-X (X)-X

T  
A  
B

(everyone)

112

It's pul- ling you un-

(X) X X-X X X-X

T  
A  
B


♩ = 180/180

116



T  
A  
B


121




der. It's

X X X

T  
A  
B


124

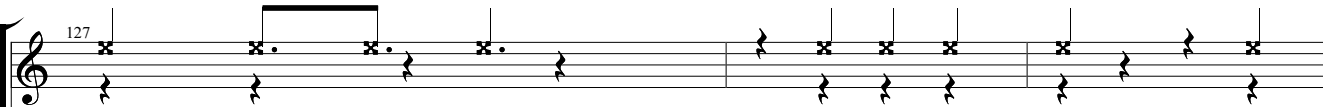


grip- ping ar- ound

X X X (X) X X X

T  
A  
B


127



your throat. It seems like your gi- ving

X X X X X X X X

T  
A  
B




♩ = 155

130

up on ev- ery- thing.

X X X (X) X X X (X)

T  
A  
B

♩ = 155

♩ = 160

134

It seems like your gi- ving

X X X X X (X)

T  
A  
B

138

up on ev-

X X X (X)

T  
A  
B

143

ery- thing. It's pul- ling you un-

X X X X X (X) X X X X

T  
A  
B

147

der. It's pul- ling you un- der. Life

(X) X X X X X (X) X X X X

T  
A  
B

151

can be ov- er- whel- ming, But don't turn

(X) X-X-X (X) X-X-X-X

TAB

155

your back on the stron- gest crutch you've e- ver had

(X) X-X-X (X) X-X-X-X

TAB

159

you've e-

(X) X-X-X

TAB

162

ver had. They have al-

X-X-X-X X-X-X

TAB

165

ways been there to

X-X-X-X X-X-X

TAB

168

brace your fall. Wave good-

x x x x x (x)

T  
A  
B

173

T  
A  
B