

*I kneel to fight the vicious legacy in white supremacy. Kneeling is a form of an uprising. Today, every black man and woman in this country live in an uncertainty and constant fear for their own lives. In this giant country, a nation that is technologically advanced, sent a man to the moon and landed a machine on Mars, yet can't heal its own people who suffered centuries in silence and oppression. Our nation has betrayed its own mighty destiny.*

*Black men and women are hated by the system--chronically, systematically for over four hundred years. I want my kneeling to allow the suffering to speak and those gone too soon to feel not abandoned and forgotten. Through kneeling we demand much needed change in this country. It must happen now. Black America will not wait for one more day. I want the story in this book to be told for years to come until justice arrives.*

*America can serve justice to its people. It is capable of doing so,---if it can send a man to the moon, robots to Mars, and it is mighty military across continents, why can't it also invest in its own people. Prevent more black men and women in dying under the policing system of America. Until America recognizes us, until it accepts our demands we will be kneeling at home, on the street or at work.*

- Abdi Nor Iftin