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The Diss Track Guide for 2026

A diss track is a rap that roasts a target: a rival rapper, a group of haters or a friend's funny habit. The best ones win with clever wordplay, not with hate. This guide covers how a diss track is built, the five styles and three intensity levels, how to write a setup and a punchline, rhyme tricks for battle bars, the rules for keeping it playful and a page to plan your own.

How a diss track is built

1. **Verse 1 (8 bars).** Introduce the target and land your first punchlines. One bar is one line.
2. **The hook (4 lines).** A short, catchy line the crowd can chant back.
3. **Verse 2 (8 bars).** Go further: a new angle, sharper wordplay and your best punchline last.

Five styles and three intensity levels

Style	What it sounds like	Use it for
Classic Diss	Setups and punchlines over a steady flow	Any target, a first battle round
Drill	Short, cold, punchy lines	Bragging over a hard beat
Freestyle	Quick switches, off-the-top wordplay	Practice and cyphers with friends
Playful Roast	Friendly jabs everyone laughs at	Group chats, parties, birthdays
Brutal Bars	The sharpest punchlines, no mercy	Rivals who asked for it

Intensity: Mild is friendly banter, Medium is sharp but fun, and Spicy is savage battle rap. Pick the level that fits the crowd. Every level stays playful.

Setups, punchlines and rhyme tricks

- **Setup, then punchline:** the first line sets a picture, the second flips it. "You say you're the king, but your crown is on loan, / Your bars got so stale they need a dial tone."
- **Double meanings:** one word that works two ways lands harder than two plain words.
- **Internal rhymes:** rhyme inside the line, not only at the end, so the bar bounces.
- **Pause before the punch:** leave a beat of silence before the last word so it lands.

Keep it playful

Roast habits, skills, style and swagger. **Never:** slurs, threats, or jokes about race, religion, gender, body or looks, and never private details or made-up rumours about a real person. A friend's diss track should end with them laughing too.

Plan your diss track

Fill this in, then write your diss track on the AI Diss Track Generator.

Your target and the habits or skills you will roast

Your style, your intensity and clean or explicit

Your best punchline and your hook

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