

70 Kilos

Paces back and forth
in the attic
of the old stone house
Bends down
a hinge at the waist
knees cocked
twists the wrists
A good grip

Rolls off the heels
flexing thighs
uncoiling the back
The bar is shouldered
Pause for the father
sitting on the porch
sharpening the chainsaw
Pause for the brother
in the grove
with the new motorcycle
Pause for the mother
doing scales on the piano

Sets the feet
A good stance
the shoulder hinged
arms cocked
the legs bend to almost kneeling
the arms flex and lock

In the attic room
the day before he has to leave
he cleans 70 kilos
and jerks
the old stone house
off his chest