

## Elbow Kata

Jim Squire

1. Attention, salute, "Elbow sequence", look R,C, L
2. Move into horse stance by bringing L leg to touch R knee and then L leg to side. **Kiah!**
3. Up: L elbow up, repeat with R
4. Back: R elbow back palm up, repeat with L
5. Around: R elbow over shoulder looking backwards, repeat with L. Be sure to pivot.
6. Side: reach L with R hand palm down, pivoting on feet to face L and drive elbow R while going into a forward-looking horse stance. Stop the elbow when it is even with your side (don't over-extend past your body). Repeat with the other side.
7. Up: reach down with R hand as if stirring pot, drive up to hit opponents downwards-looking face. Be sure to pivot. Repeat with L hand.
8. Down: L elbow strike downwards. Repeat with R.
9. Smash: R hand out. L elbow comes horizontally and slightly downwards, locked at 90°, smacks into hand. L. **Kiah!**
10. Hold that position until a few others are done.
11. Attention, salute, bow