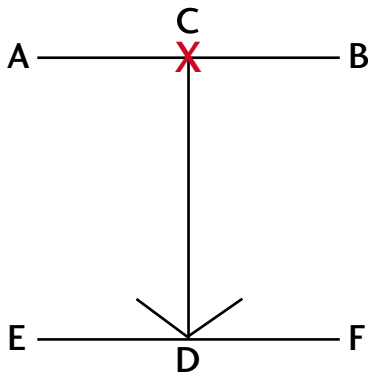


YOO-SIN

(YOO-SIN is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo Sin's mistake of following his King's orders to fight with foreign forces against his own nation.)



The descriptions for this pattern assume that the student starts standing on line AB and facing D.

READY POSTURE: Warrior ready stance B

1. Move the left foot to B to form a sitting stance toward D while extending both elbows to the sides horizontally.
2. Execute an angle punch to C with the left fist while sliding to A, maintaining a sitting stance toward D.
3. Execute an angle punch to C with the right fist while sliding to B, maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion.
4. Execute a middle hooking block to D with the right palm while standing up toward D.
5. Execute a middle punch to D with the left fist while forming a sitting stance toward D.
6. Execute a middle hooking block to D with the left palm while standing up toward D.
7. Execute a middle punch to D with the right fist while forming a sitting stance toward D.
8. Move the left foot to BD to form a left walking stance toward BD while executing a high side block to BD with the left outer forearm.
9. Execute a circular block to D with the right inner forearm while maintaining a left walking stance toward BD.
10. Execute a scooping block with the left palm while forming a sitting stance toward AD.
11. Execute a middle punch to AD with the right fist while maintaining a sitting stance toward AD. Perform 10 and 11 in a connecting motion.

12. Bring the left foot to the right foot, and then move the right foot to AD to form a right walking stance toward AD while executing a high side block to AD with the right outer forearm.

13. Execute a circular block to D with the left inner forearm while maintaining a right walking stance toward AD.

14. Execute a scooping block with the right palm while forming a sitting stance toward BD.

15. Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD.

Perform 14 and 15 in a connecting motion.

16. Execute a high hooking block to BC with the right palm while forming a left walking stance toward BC.

17. Execute a middle punch to BD with the left fist while forming a sitting stance toward BD.

18. Execute a high hooking block to AD with the left palm while forming a right walking stance toward AD.

19. Execute a middle punch to BD with the right fist while forming sitting stance toward BD.

Perform 16, 17, 18 and 19 in a continuous motion.

20. Move the right foot to C, forming a left walking stance toward D at the same time executing a pressing block with an X-fist.

21. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D. Perform 20 and 21 in a continuous motion.

22. Execute a middle punch to D with the right fist, slipping the left palm up to the right elbow joint while maintaining a left walking stance toward D.

23. Execute a low front snap kick to D with the right foot, keeping the position of the hands as they were in 22.

24. Lower the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the left fist.

25. Execute a pressing block with an X-fist while maintaining a right walking stance toward D.

26. Execute a rising block with an X-knife-hand while maintaining a right walking stance toward D. Perform 25 and 26 in a continuous motion.

27. Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a right walking stance toward D.
28. Execute a low front snap kick to D with the left foot, keeping the position of the hands as they were in 27.
29. Lower the left foot to D to form a left walking stance toward D while executing a middle punch to D with the right fist.
30. Move the right foot to D, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
31. Move the left foot to D to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
32. Move the left foot to C, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
33. Move the right foot to C to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
34. Move the right foot to D, forming a right walking stance toward D while executing a high block to D with the right double forearm.
35. Execute a low block to D with the left forearm, keeping the right forearm as it was in 34 while maintaining a right walking stance toward D. Perform 34 and 35 in a fast motion.
36. Move the left foot to D to form a left walking stance toward D while executing a high block to D with the left double forearm.
37. Execute a low block to D with the right forearm, keeping the left forearm as it was in 36 while maintaining a left walking stance toward D. Perform 36 and 37 in a fast motion.
38. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
39. Move the left foot on line CD, and then turn counterclockwise, pivoting with the left foot to form a right L-stance toward C while executing a high block to C with the left reverse knife-hand.
40. Bring the right foot to the left foot to form a closed ready stance C toward C.
41. Move the right foot to CF in a stamping motion to form a right walking stance toward CF at the same time executing an upset punch to CF with a twin fist.
42. Bring the right foot to the left foot, and then move the left foot to CE in a stamping motion, forming a left walking stance toward CE while executing an upset punch to CE with a twin fist.
43. Bring the left foot to the right foot, and then move the right foot to F to form a left L-stance toward F while executing a middle block to F with the right inner forearm.
44. Execute a middle punch to F with the left fist while maintaining a left L-stance toward F.
45. Bring the left foot to the right foot to form a closed stance toward C while executing an angle punch with the right fist. Perform in a slow motion.
46. Move the left foot to E to form a right L-stance toward E while executing a middle block to E with the left inner forearm.
47. Execute a middle punch to E with the right fist while maintaining a right L-stance toward E.
48. Bring the right foot to the left foot to form a close stance toward C while executing an angle punch with the left fist. Perform in a slow motion.
49. Move the left foot to E to form a left fixed stance toward E while executing a U-shape punch to E.
50. Bring the left foot to the right foot, and then move the right foot to E, forming a right fixed stance toward E while executing a U-shape punch to E.
51. Move the right foot on line CD in a stamping motion to form a sitting stance toward E while executing a front strike to E with the right back fist.
52. Execute a waving kick to D with the right foot, and then a high outward block to AC with the right outer forearm, keeping the position of the hands as they were in 51 while forming a sitting stance toward E.
53. Execute a waving kick to C with the left foot, and then a high front block to ED with the right outer forearm, keeping the position of the hands as they were in 52 while forming a sitting stance toward E.
54. Execute a horizontal strike to C with the right back hand while maintaining a sitting stance toward E.
55. Execute a middle crescent kick to the right palm with the left foot.
56. Execute a middle side piercing kick to C with the left foot forming a forearm guarding block. Perform 55 and 56 in a consecutive kick.
57. Lower the left foot to C to form a sitting stance toward B while executing a horizontal strike to C with the left back hand.
58. Execute a middle crescent kick to the left palm with the right foot.
59. Execute a middle side piercing kick to C with the right foot, forming a forearm guarding block. Perform 58 and 59 in a consecutive kick.
60. Lower the right foot to C, forming a sitting stance toward A while executing a right 9-shape block.
61. Change the position of the hands while maintaining a sitting stance toward A.
62. Move the left foot to C, turning clockwise to form a sitting stance toward B while executing a right 9-shape block.
63. Change the position of the hands while maintaining a sitting stance toward B.
64. Execute a downward strike to D with the right side fist while forming a left vertical stance toward, pulling the left foot.

65. Move the right foot to A to form a left walking stance toward B while executing a high vertical punch to B with a twin fist.

66. Move the right foot to B, turning counter-clockwise to form a left walking stance toward A while executing a high vertical punch to A with a twin fist.

67. Bring the right foot to the left foot, and then move the left foot to BD to form a right L-stance toward BD while executing a middle guarding block to BD with a knife-hand.

68. Bring the left foot to the right foot, and then move the right foot to AD to form a left L-stance toward AD while executing a middle guarding block to AD with a knife-hand.

END: Bring the right foot back to a ready posture.