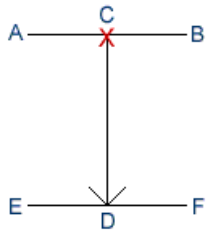


YOO-SIN

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 Kings' orders to fight with foreign forces against his own nation.



YOO-SIN Movements - 68 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 continuous 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 continuous 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.



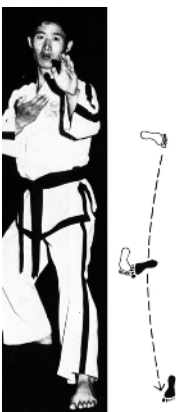
- 28.** Execute a low front snap kick to D with the left foot, keeping the position of the hands as they were in 27.



- 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 counter-clockwise, 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.



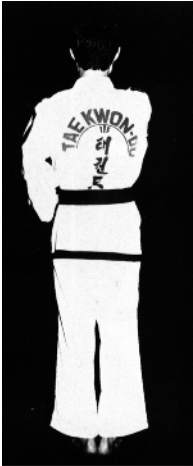
42. Bring the right foot to the left foot, and then move the left foot to CE in a **stamping motion**, forming a left walking stance toward CE while executing an upset punch to CE with a twin fist.



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.

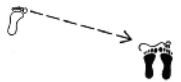


44. Execute a middle punch to F with the left fist while maintaining a left L-stance toward F.



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.

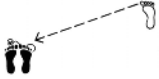


47. Execute a middle punch to E with the right fist while maintaining a right L-stance toward E.

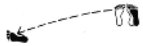


48. Bring the right foot to the left foot to form a close stance toward C while executing an angle punch with the left fist.

Perform in a slow motion.



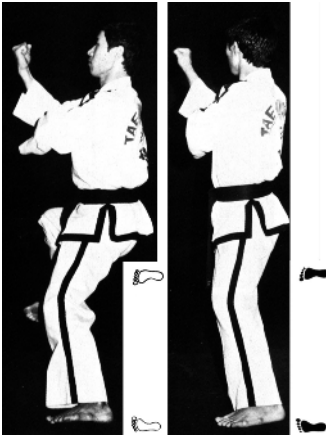
49. Move the left foot to E to form a left fixed stance toward E while executing a U-shape punch to E.



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 while 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, while forming a forearm guarding block.

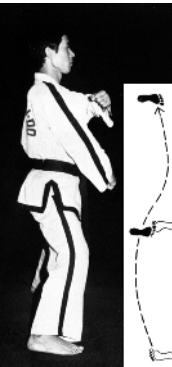
Perform 58 and 59 in a consecutive kick.



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.



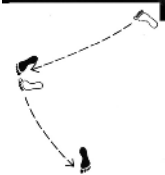
- 65.** Move the right foot to A to form a left walking stance toward B while executing a high vertical punch to B with a twin fist.



- 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 moves 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.

