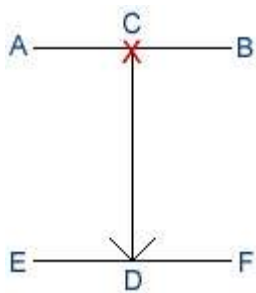


## Yoo - Sin

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

### 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 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.

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 CG 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.
- 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 closed stance toward C while executing an angle punch with the left fist.
- 49 Move the left foot to the right foot, and then move the right foot to 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 left foot back to a ready posture.**