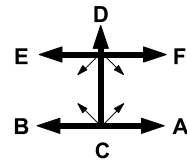


Diagram of the pattern Yoo Sin



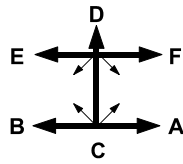
Yoo Sin

3rd Degree Black Belt

Ready position - Right fist at waist, covered by left fist/Parallel Stance toward D

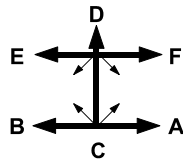
	Stepping	Stance	To	Technique	Target	To
1	Step (L) foot toward B	Middle	D	Twin side elbow strikes (open palms)	High	A/B
2	Slide toward A	Middle	D	(L) punch over the (R) shoulder while making a (R) rear elbow strike	High/ Middle	C
3	Slide toward B	Middle	D	(R) punch over the (L) shoulder while making a (L) rear elbow strike (Perform 2 & 3 in fast motion)	High/ Middle	C
4	Standing up	Middle	D	(R) downward arc hand grasp (hooking block)	Middle	D
5		Middle	D	(L) punch (perform 4 & 5 in continuous motion)	Middle	D
6	Standing up	Middle	D	(L) downward arc hand grasp (hooking block)	Middle	D
7		Middle	D	(R) punch (perform 6 & 7 in continuous motion)	Middle	D
8	Step (L) foot to BD	(L) Front	BD	(L) outward motion outer forearm blk	High	BD
9		(L) Front	BD	(R) circular inner forearm block (scoop block)	Middle	AD
10	Twist	Middle	AD	(L) upward palm block	Middle	AD
11		Middle	AD	(R) punch (perform 10 & 11 in continuous motion)	Middle	AD

Diagram of
the pattern Yoo Sin



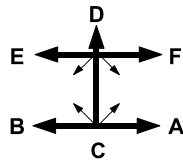
	Stepping	Stance	Face	Technique	Target	To
12	Step the (L) foot to the right foot & then step with the (R) foot to AD	(R) Front	AD	(R) outward motion outer forearm block	Middle	AD
13		(R) Front	AD	(L) circular inner forearm block (scoop block)	Middle	BD
14	Twist	Middle	BD	(R) upward palm block	Middle	BD
15		Middle	BD	(L) punch (perform 14 & 15 in continuous motion)	Middle	BD
16	Twist	(L) Front	BC	(R) downward arc hand grasp (hooking block)	High	BD
17	Twist	Middle	BD	(L) punch	Middle	BD
18	Twist	(R) Front	AD	(L) downward arc hand grasp (hooking block)	High	BD
19	Twist	Middle	BD	(R) punch	Middle	BD
20	Retreat the (R) foot to C	(L) Front	D	Downward X Block	Low	D
21		(L) Front	D	Upward Knifehand X Block	High	D
22		(L) Front	D	Rotate the (L) hand under the (R) arm in a circular arc hand grasp over the (R) fist, then pull the hands to the waist followed by a (R) reverse punch while slipping the left palm up to the right elbow joint.	Middle	D
23			D	(R) front kick	Low	D
24	Land forward	(R) Front	D	(L) reverse punch	Middle	D

Diagram of
the pattern Yoo Sin



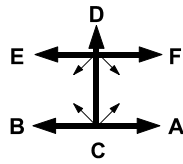
	Stepping	Stance	Face	Technique	Target	To
25		(R) Front	D	Downward X Block	Low	D
26		(R) Front	D	Upward Knifehand X Block	High	D
27		(R) Front	D	Rotate the (R) hand under the (L) arm in a circular arc hand grasp over the (L) fist, then pull the hands to the left waist and make a (L) reverse punch while slipping the (R) palm up to the (L) left elbow	Middle	D
28			D	(L) front kick	Low	D
29	Land forward	(L) Front	D	(R) reverse punch	Middle	D
30	Advance	(R) Back L	D	Double knife hand guarding blocks	Middle	D
31	Advance	(L) Back L	D	Double knife hand guarding blocks	Middle	D
32	Retreat	(R) Back L	D	Double knife hand guarding blocks	Middle	D
33	Retreat	(L) Back L	D	Double knife hand guarding blocks	Middle	D
34	Advance	(R) Front	D	Double inner forearm guarding block	High	D
35		(R) Front	D	(L) Low block while maintaining the position of the (R) block (Perform 34 & 35 in fast motion)	Low	D
36	Advance	(L) Front	D	Double inner forearm guarding block	High	D
37		(L) Front	D	(R) Low block while maintaining the position of the (L) block (Perform 37 & 38 in fast motion)	Low	D
38	Advance	(R) Front	D	(R) Front punch	Middle	D

Diagram of
the pattern Yoo Sin



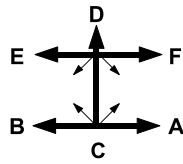
	Stepping	Stance	Face	Technique	Target	To
39	Make a double step turn by moving the front (R) foot over & then the left while turning counter clockwise 180 to face C	(L) Back L	C	Ridgehand side block	Middle	C
40	Bring the (R) right foot to the (L) left foot	Closed Ready	C	Hands are in ready position C	Low	C
41	Step out with the (R) right foot (stamping)	(R) Front	CF	Twin upset punch	Middle	CF
42	Step the right foot to left and then out with the left to CE (stamping)	(L) Front	CE	Twin upset punch	Middle	CE
43	Step the left foot to the right and then out with the right	(R) Back L	F	(R) Inner forearm side block	Middle	F
44		(R) Back L	F	(L) Punch	Middle	AC
45	Bring the left foot to the right	Closed	C	(R) Hook punch (slow motion)	Middle	C
46	Step out with the left (L) foot	(L) Back L	E	(L) Inner forearm side block	Middle	E
47		(L) Back L	E	(R) Punch	Middle	BC
48	Bring the right foot to the left	Closed	C	(L) Hook punch (slow motion)	Middle	C
49	Step out with the (L) left foot	(L) Fixed	E	U shaped punch	High/Mid	E
50	Bring the left foot to the right then step out with the right	(R) Fixed	E	U shaped punch	High/Mid	E

Diagram of
the pattern Yoo Sin



	Stepping	Stance	Face	Technique	Target	To
51	Move the right foot on CD (stamping)	Middle	E	(R) Front Backfist while blocking downward with the (L) arm	High	E
52	(R) Waving kick to D	Middle	E	(R) Outward motion outer forearm block while maintaining the position of the (L) arm	High	C
53	(L) Waving kick to C	Middle	E	(R) Inward motion outer forearm block while maintaining the position of the (L) arm	High	D
54		Middle	E	(R) Horizontal back hand	High	C
55				(L) Inward crescent kick to the (R) palm	Middle	C
56				(L) Sidekick (Perform 55 & 56 as a consecutive kick)	Middle	C
57	Land forward to C	Middle	B	(L) Horizontal back hand	High	C
58				(R) Inward crescent kick to the (L) palm	Middle	C
59				(R) Sidekick (Perform 58 & 59 as a consecutive kick)	Middle	C
60	Land forward to C	Middle	A	(R) 9-shape block	Middle	A
61		Middle	A	(L) 9-shape block	Middle	A
62	Move the left foot to C, turning clockwise	Middle	B	(R) 9-shape block	Middle	B
63		Middle	B	(L) 9-shape block	Middle	B
64	Pull the (L) rear foot fwd	(R)Back L	D	(R) Downward hammerfist strike	Middle	D

Diagram of
the pattern Yoo Sin



	Stepping	Stance	Face	Technique	Target	To
65	Step back with the (R) foot	(L) Front	B	Twin vertical punch	High	B
66	Move the (R) foot to B making a 180 counter clockwise turn	(L) Front	A	Twin vertical punch	High	A
67	Bring the right foot to the left foot, then step out with the left foot	(L)Back L	BD	Double knifehand guarding blocks	Middle	BD
68	Bring the left foot to the right foot, then step out with the right foot	(R)Back L	AD	Double knifehand guarding blocks	Middle	AD

68 moves, Right Foot Returns to Ready Stance

Yoo Sin:

Is named for General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements of the pattern refer to the last two figures of 668 AD, the year orea was united. The ready posture signifies a sword drawn on the right rather than the left side, symbolizing Yoo Sin's mistake of following his King's orders to fight with foreign forces against his own nation.