

Yoo-Sin (Volume13 109 to 249)

(index)

PATTERN YOO-SIN

This pattern is practised by the
3th degree.

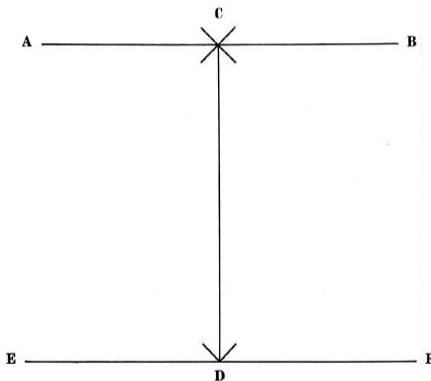
DIAGRAM: 

MOVEMENT: 68

READY POSTURE: SEE PICTURE

109

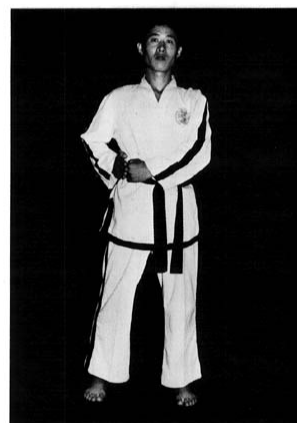
DIAGRAM (*Yon Moo Son*)



110

Ready Posture (*Junbi Jase*)

Parallel ready stance toward D



111

1. Move the left foot to B to form a sitting stance toward D while extending both elbows to the sides horizontally.



Sitting stance toward D with both elbows extended to the sides horizontally.



112

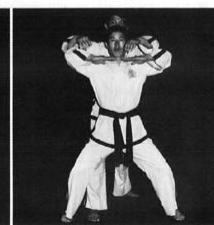
Side View



Previous Posture



Application



113

2. Execute an angle much to C with the left fist while sliding to A, maintaining a sitting stance toward D.



Sitting stance toward D with a left fist angle punch to C.



Application



Top View

Other View



Previous Posture



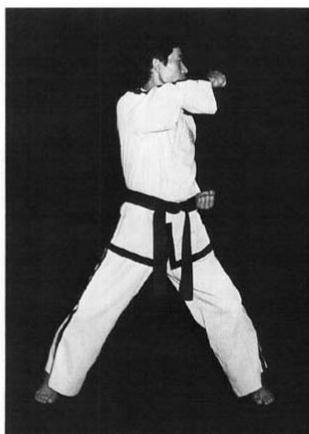
Raise the body slightly.



114

115

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.



Sitting stance toward D with a right fist angle punch to C.



116

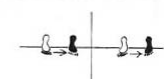
Side View



Previous Posture



Raise the body slightly



117

4. Execute a middle hooking block to D with the right palm while standing up toward D.



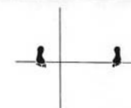
Middle hooking block with the right palm while standing up toward D.



Previous Posture



Keep both legs straight



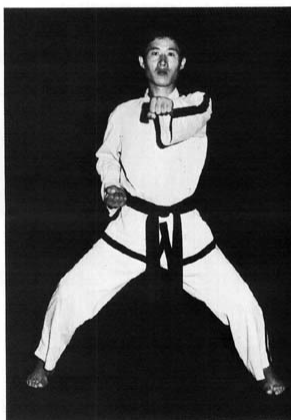
Application



Side View

119

5. Execute a middle punch to D with the left fist while forming a sitting stance toward D. Perform 4 and 5 in a continuous motion.



Sitting stance middle punch with the left fist toward D.

120

Side View



Previous Posture

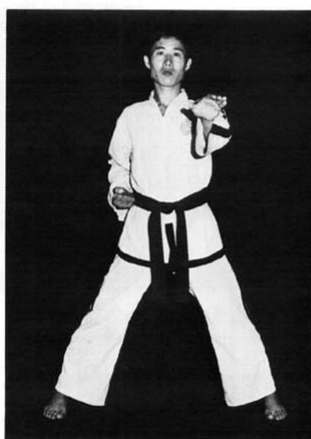


Application



121

6. Execute a middle hooking block to D with the left palm while standing up toward D.



Middle hooking block with the left palm while standing up toward D.

122

Previous Posture



Keep both legs straight



Application



Side View

123

7. Execute a middle punch to D with the right fist while forming a sitting stance toward D.
Perform 6 and 7 in a continuous motion.



Sitting stance middle punch with the right fist toward D.

124

Previous Posture



Application



Side View

125

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.



Left walking stance high side block with the left outer forearm toward BD.

126

Previous Posture

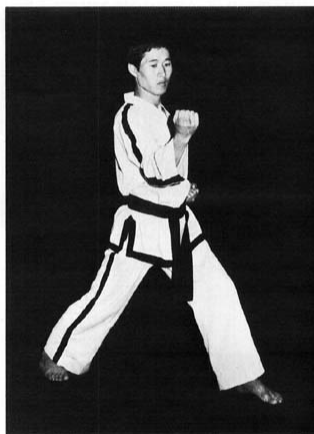


Application



127

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



Left walking stance toward BD with a right inner forearm circular block to AD.

128

Previous Posture



Keep the right heel slightly off the ground.



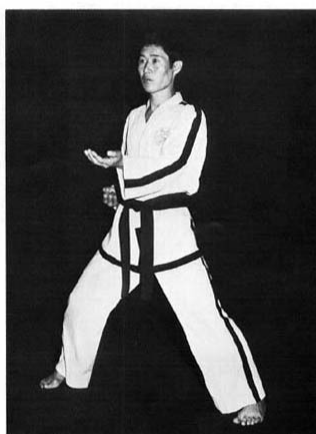
Application



Side View

129

10. Execute a scooping block with the left palm while forming a sitting stance toward AD.



Sitting stance toward AD with a left palm scooping block.

130

Previous Posture



Raise the body slightly



Application



Side View

131

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.



Sitting stance middle punch with the right fist toward AD.

132

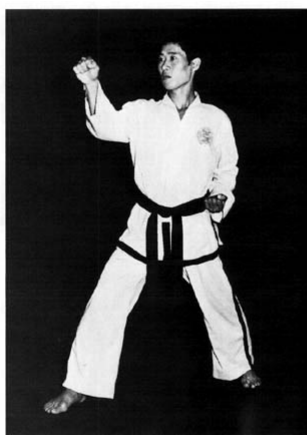
Previous Posture



Application

133

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.

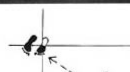


Right walking stance high side block with the right outer forearm toward AD.



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Previous Posture

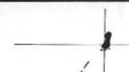


Keep the left heel slightly off the ground.

Application



Side View



135

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



Right walking stance toward AD with a left inner forearm circular block to BD.

136

- Keep the left heel slightly off the ground.

Previous Posture



Application



137

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



Sitting stance toward BD with a right palm scooping block.

138

- Raise the body slightly

Previous Posture



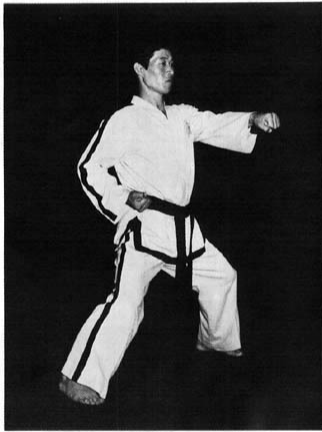
Application



Side View

139

15. Execute a middle punch to BD with the left fist while maintaining a sitting stance toward BD. Perform 14 and 15 in a continuous motion.



Sitting stance middle punch with the left fist toward BD.

140



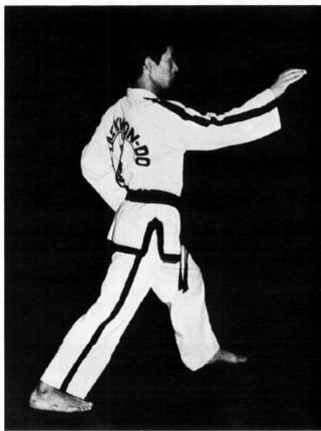
Application



Side View

141

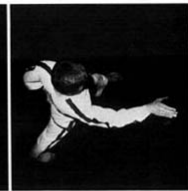
16. Execute a high hooking block to B with the right palm while forming a left walking stance toward BC.



Left walking stance toward BC with a right palm high hooking block to B.

142

Top View



Keep the right heel slightly off the ground.

143

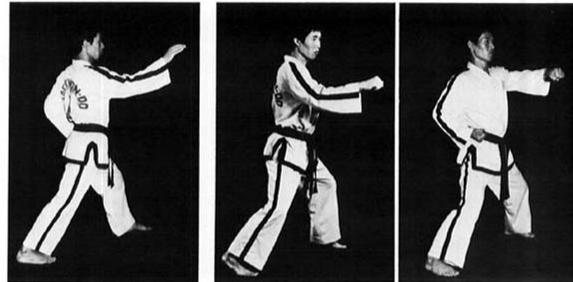
17. Execute a middle punch to BD with the left fist while forming a sitting stance toward BD.



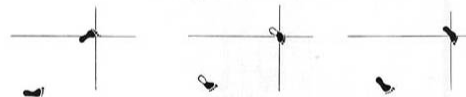
Sitting stance middle punch with the left fist toward BD.

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Previous Posture



Raise both heels slightly off the ground.



145

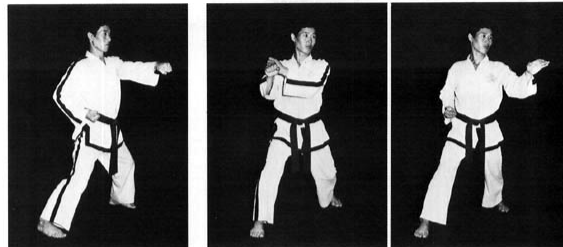
18. Execute a high hooking block to BD with the left palm while forming a right walking stance toward AD.



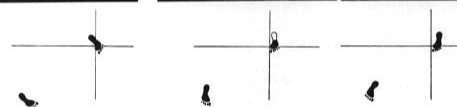
Right walking stance toward AD with a left palm high hooking block to BD.

146

Previous posture



Keep the left heel slightly off the ground.



Application



Top View

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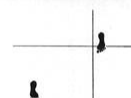
19. Execute a middle punch to BD with the right fist while forming a sitting stance toward BD.
Perform 16, 17, 18 and 19 in a continuous motion.



Sitting stance middle punch with the right fist toward BD.

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Previous Posture



Application



Top View

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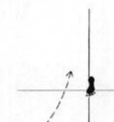
20. Move the right foot to C, forming a left walking stance toward D at the same time executing a pressing block with an X-fist.



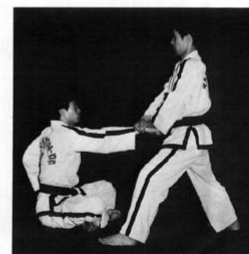
Left walking stance toward D with an X-fist Pressing block.

150

Previous Posture



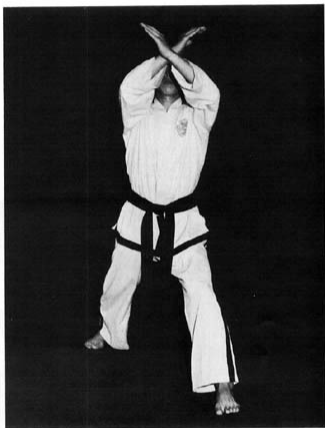
Application



Side View

151

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.



Left walking stance toward D with an X-knife-hand rising block.

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Previous Posture



Application



Keep the right heel slightly off the ground.



Side View

153

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.



Left walking stance middle punch with the right fist toward D.

154



Previous Posture

Keep the right heel slightly off the ground.



Side View

155

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



Low front snap kick to D with the right foot.



Application

Side View

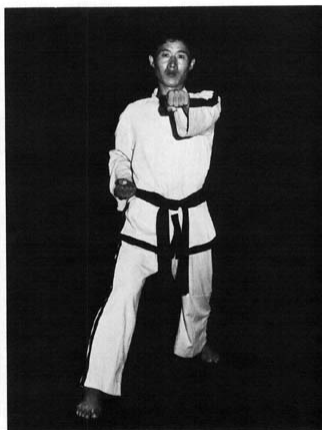
Previous Posture



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157

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.



Right walking stance middle punch with the left fist toward D.



Previous Posture



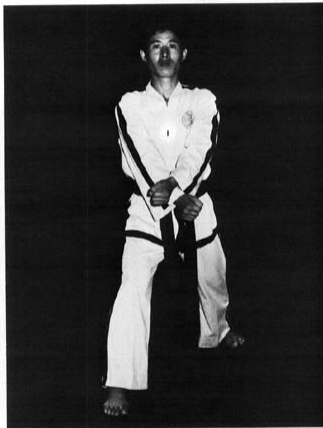
Side View



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159

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



Right walking stance toward D with an X-fist pressing block.

160



Previous Posture

Keep the right heel slightly off the ground.



Side View



Side View



161

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.



Right walking stance toward D with an X-knife-hand rising block.

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Previous Posture

Keep the left heel slightly off the ground.



Side View



Application



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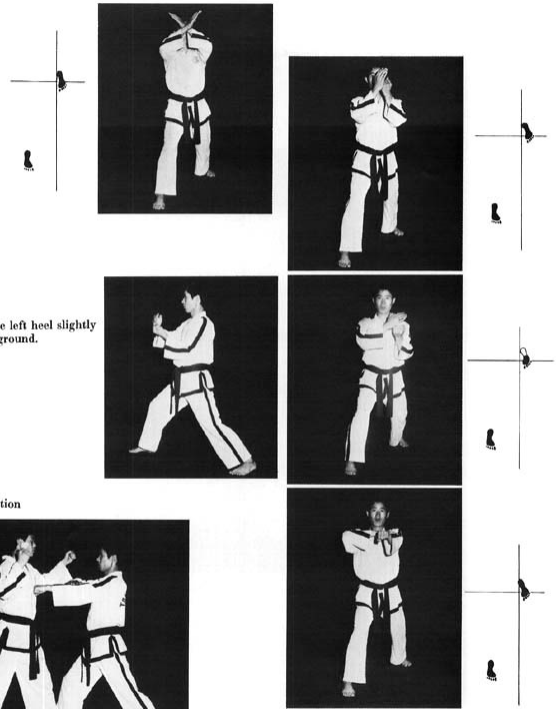
27. Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a right walking stance toward D.



Right walking stance middle punch with the left fist toward D.

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Previous Posture



Keep the left heel slightly off the ground.

Application



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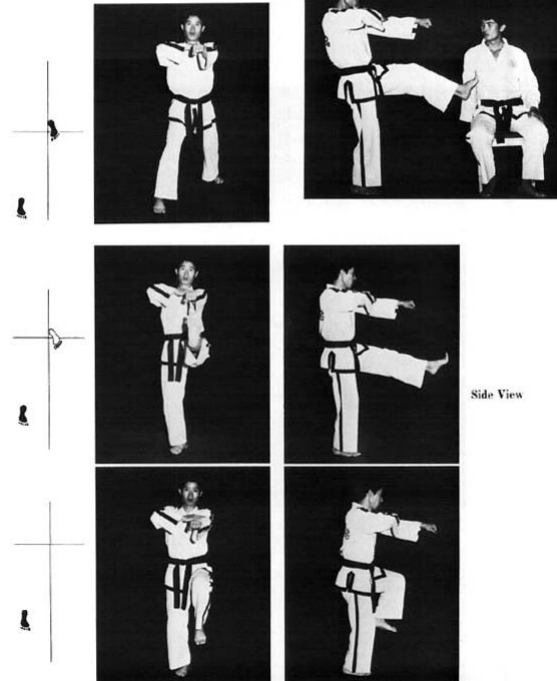
28. Execute a low front snap kick to D with the left foot, keeping the position of the hands as they were in 27.



Low front snap kick to D with the left foot.

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Previous Posture



Side View

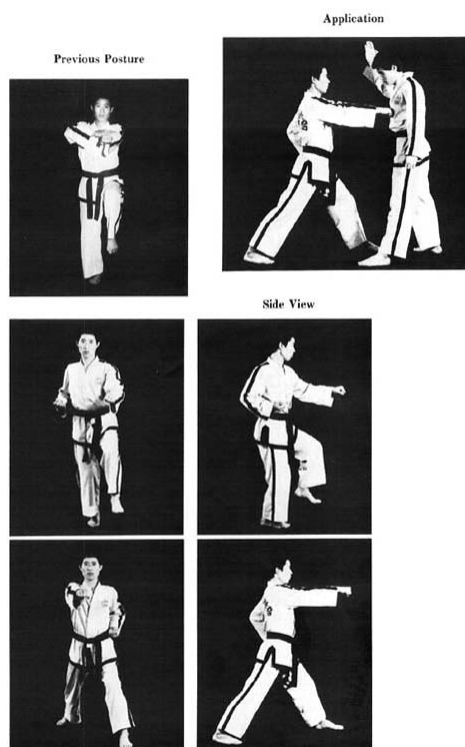
167

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.



Left walking stance middle punch with the right fist toward D.

168



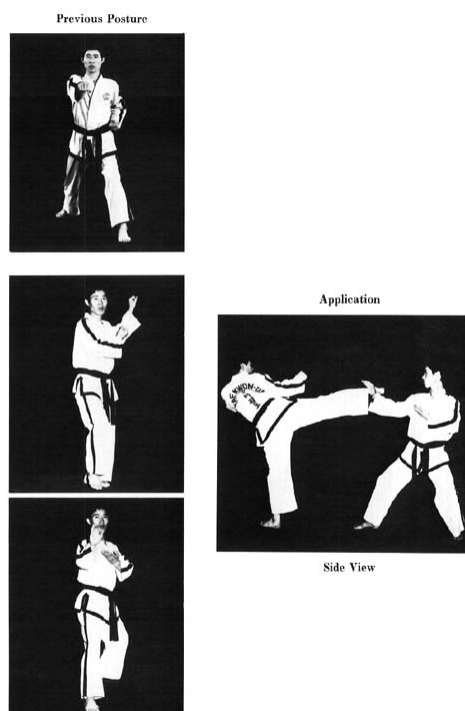
169

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.



Left L-stance knife-hand middle guarding block toward D.

170



171

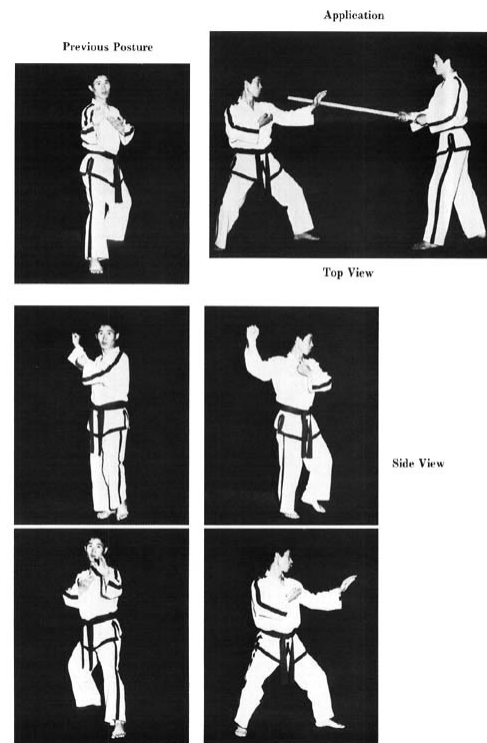
31. Move the left foot to D to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



Right L-stance knife-hand middle guarding block toward D.



172



173

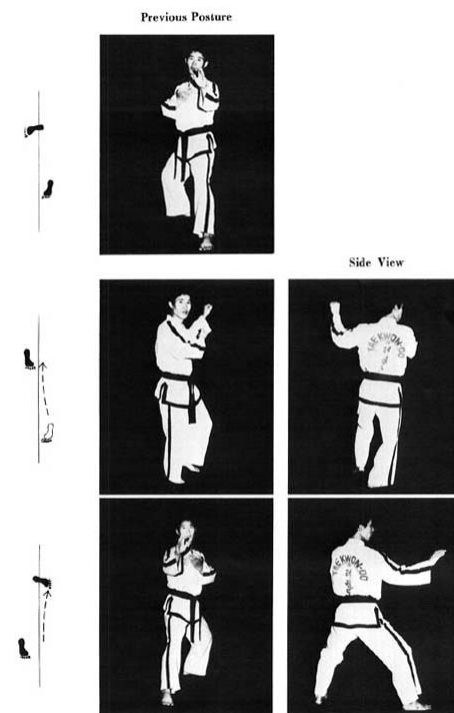
32. Move the left foot to C, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.



Left L-stance knife-hand middle guarding block toward D.

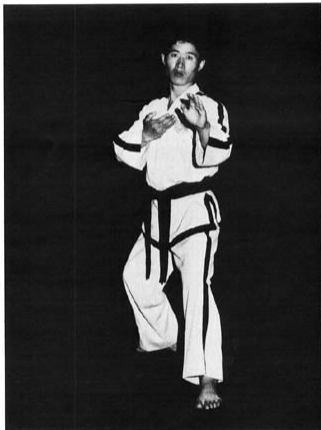


174



175

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.



Right L-stance knife-hand middle guarding block toward D.



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Previous Posture



Application



Side View

177

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.



Right walking stance high block with the right double forearm toward D.



Previous Posture



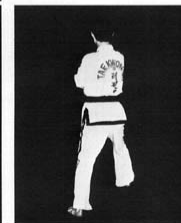
Application



Side View

Keep both back fists faced upward.

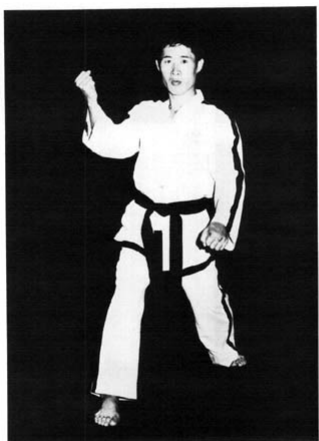
Other View



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179

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.



Right walking stance low block with the left forearm toward D.

180

Previous Posture



Application



Side View

181

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.



Left walking stance high block with the left double forearm toward D.

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Previous Posture



Application



Keep both back fists faced upward.

Side View



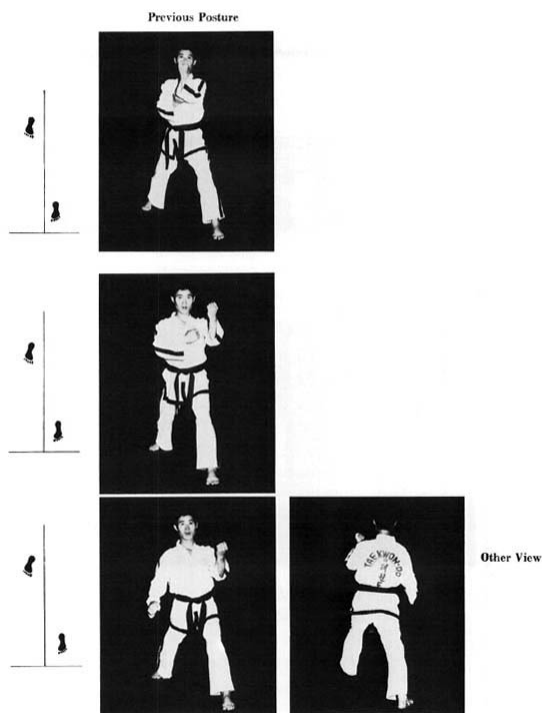
183

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.



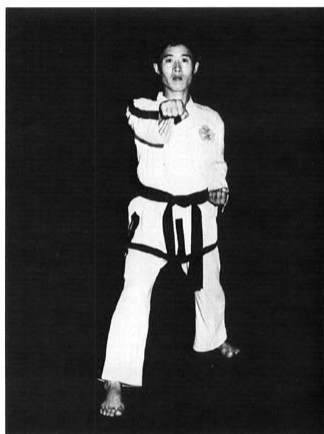
Left walking stance low block with the right forearm toward D.

184



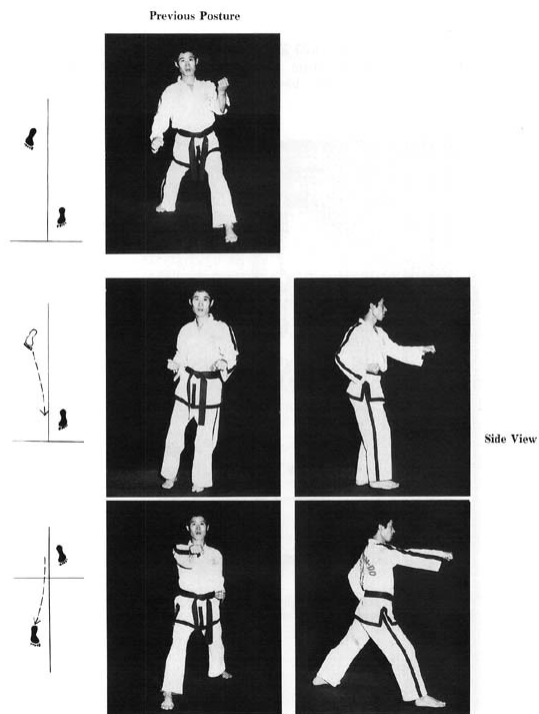
185

38. Move the right foot to D, forming a right walking stance toward D while executing a middle punch toward D with the right fist.



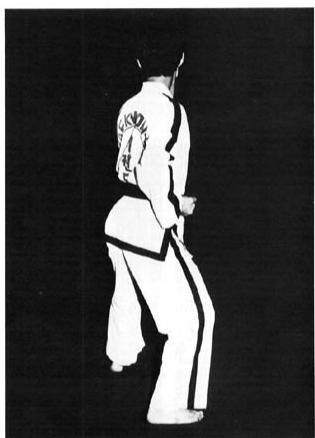
Right walking stance middle punch with the right fist toward D.

186



187

39. Move the left foot on line CD, and then turn counter-clockwise to form a right L-stance toward C while executing a high block to C with the left reverse knife-hand.



Right L-stance high block with the Left reverse knife-hand toward C.



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Previous Posture



Application



Side View



Keep the left heel slightly off the ground.

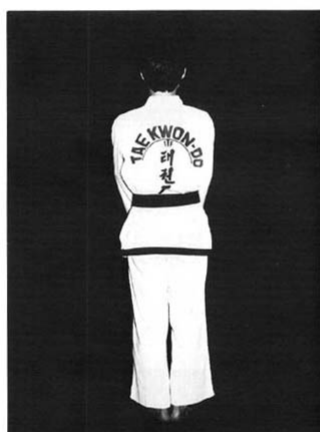


Other View



189

40. Bring the right foot to the left foot to form a close ready stance C toward C.



Close ready stance C toward C.



Previous Posture



Other View



Side View



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190

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.



Right walking stance upset punch with a twin fist toward CF.



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Application

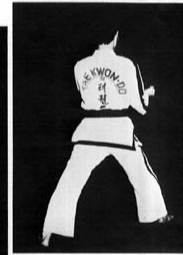


Side View

Other View



Previous Posture



193

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.



Left walking stance upset punch with twin fist toward CE.



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Previous Posture

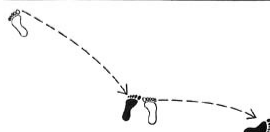


Side view



195

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.



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Previous Posture



Left L-stance middle block with the right inner forearm toward F.

Front View



Application



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



Left L-stance middle punch with the left fist toward F.

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Previous Posture



Raise the body slightly



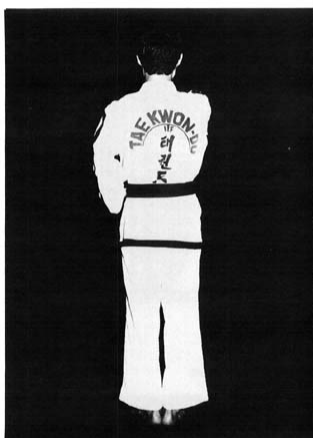
Application



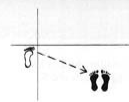
Top View

199

45. Bring the left foot to the right foot to form a close stance toward C while executing an angle punch with the right fist.
Perform in a slow motion.



Close stance toward C with a right fist angle punch.



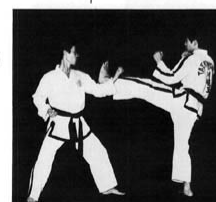
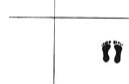
200

201

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.
Perform in a slow motion.



Right L-stance middle block with the left inner forearm toward E.



202

203

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



Right L-stance middle punch with the right fist toward E.

204

Other View



Previous Posture

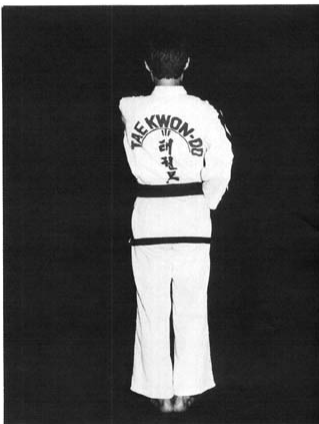


Raise the body slightly



205

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.



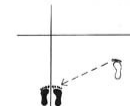
Close stance toward D with a left fist angle punch.

206

Other View



Top View



207

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



Left fixed stance U-shape punch toward E.

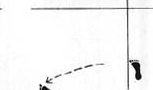


208

Previous Posture



Other View



Application



209

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.



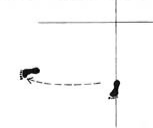
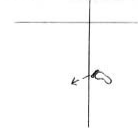
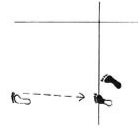
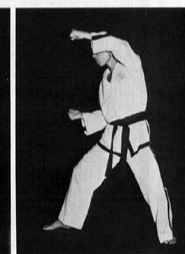
Right fixed stance U-shape punch toward E.



Previous Posture



Front View



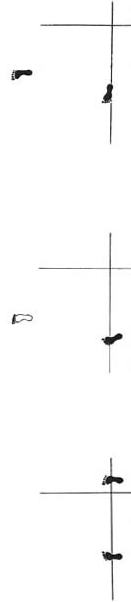
210

211

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.



Sitting stance front strike with the right back fist toward E.



Previous Posture



Application



Front View



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213

52. Execute a waving kick to D with the right foot, and then a high outward block to C with the right outer forearm, keeping the left hand as it was in 51 while forming a sitting stance toward E.



Previous Posture



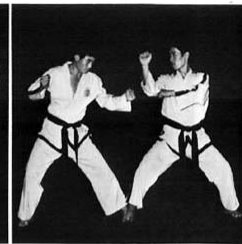
Waving kick to D with the right foot.



Sitting stance toward E while a right outer forearm middle outward block to C.



Application

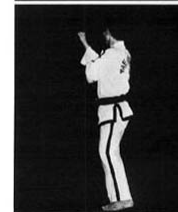


Other View

Front View



Front View



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215

53. Execute a waving kick to C with the left foot, and then a high outward block to D with the right outer forearm, keeping the left hand as it was in 52 while forming a sitting stance toward E.

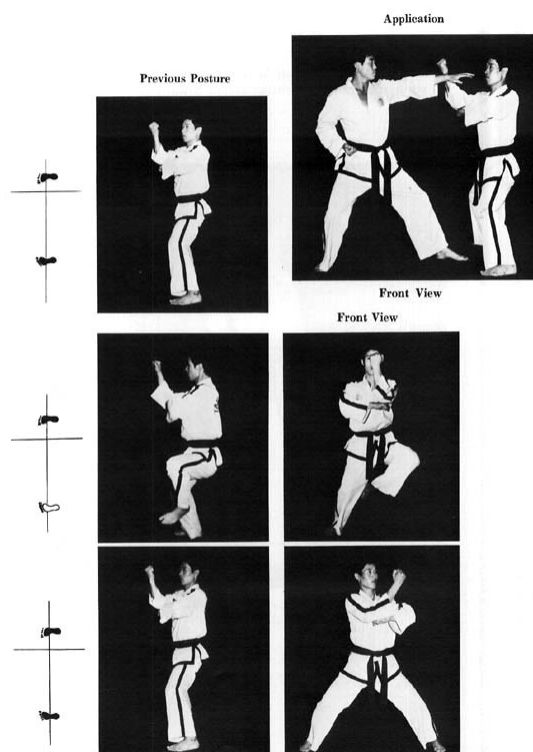


Waving kick to C with the left foot.



Sitting stance toward E with a right outer forearm middle outward block to D.

216



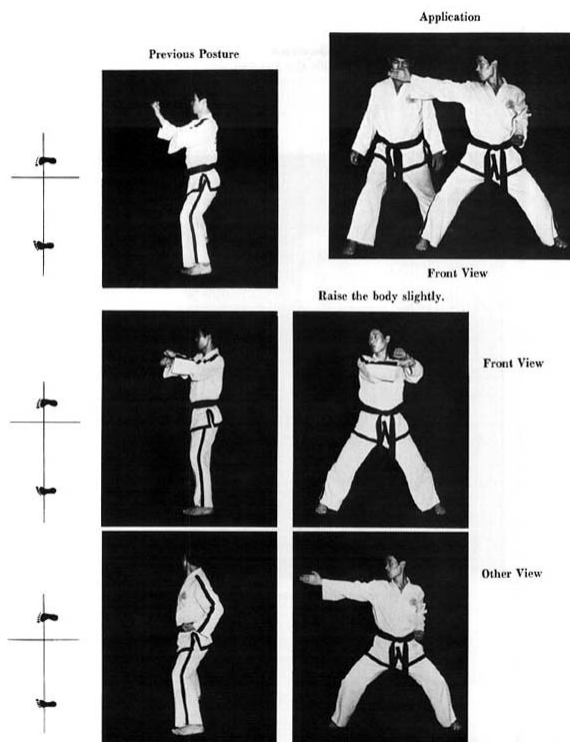
217

54. Execute a horizontal strike to C with the right back hand while maintaining a sitting stance toward E.



Sitting stance toward E with a right back hand horizontal strike to C.

218



219

55. Execute a middle crescent kick to the right palm with the left foot.



Middle crescent kick to C with the left foot.



220

Previous Posture



Application



Side View



Other View



221

56. Execute a middle side piercing kick to C with the left foot pulling both fists in the opposite direction. Perform 55 and 56 in a consecutive kick.



Middle side piercing kick to C with the left foot.



Previous Posture



Side View



222

223

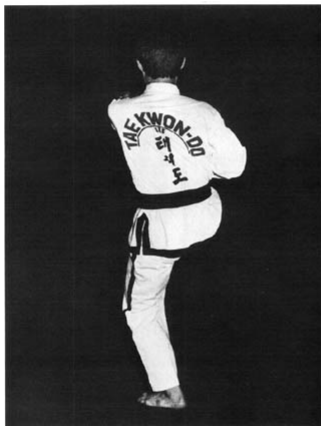
57. Lower the left foot to C to form a sitting stance toward B while executing a horizontal strike to C with the left back hand.



Sitting stance toward B with a left back hand horizontal strike to C.

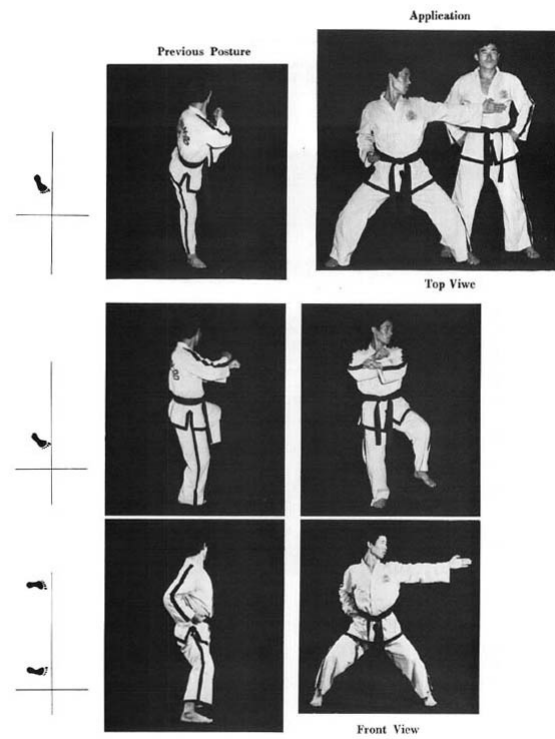
224

58. Execute a middle crescent kick to the left palm with the right foot.

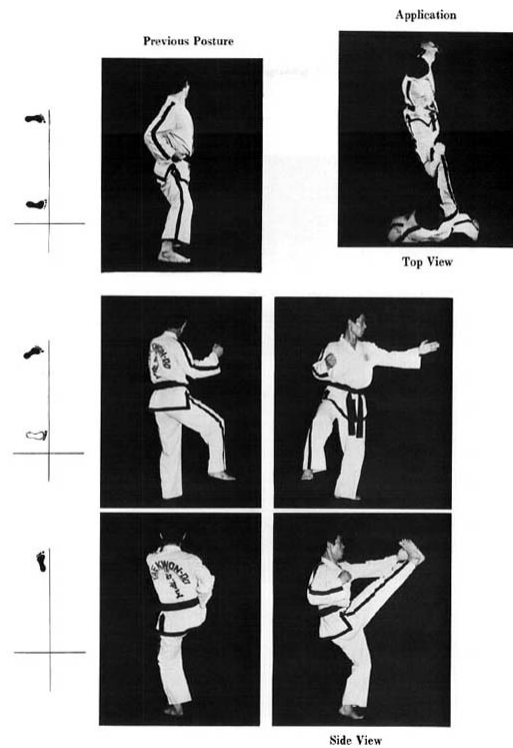


Middle crescent kick to C with the right foot.

226



225



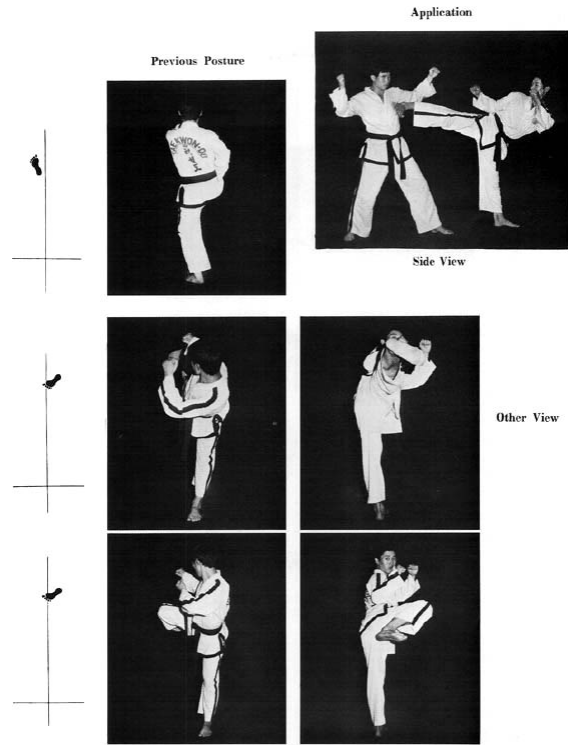
227

59. Execute a middle side piercing kick to C with the right foot, pulling both fists in the opposite direction. Perform 58 and 59 in a consecutive kick.



Middle side piercing kick to C with the right foot.

228



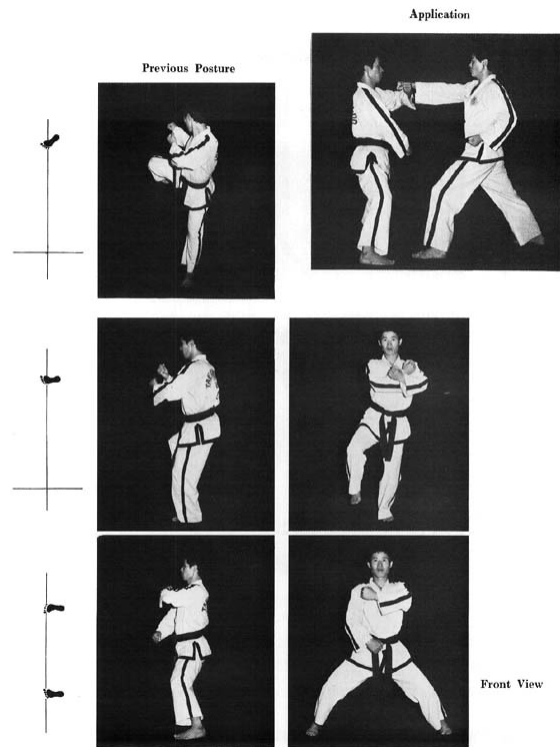
229

60. Lower the right foot to C, forming a sitting stance toward A while executing a right 9-shape block.



Sitting stance toward A with a right 9-shape block.

230



231

61. Change the position of the hands while maintaining a sitting stance toward A.



Sitting stance toward A with a left 9-shape block.

232

Previous Posture



Application



Raise the body slightly.



Front View

233

62. Move the left foot to C, turning clockwise to form a sitting stance toward B while executing a right 9-shape block.



Sitting stance toward B with a right 9-shape block.

234

Previous Posture



Front View



Top View

235

63. Change the position of the hands while maintaining a sitting stance toward B.



Sitting stance toward B with a left 9-shape block.



236

Previous Posture



Application



Raise the body slightly.

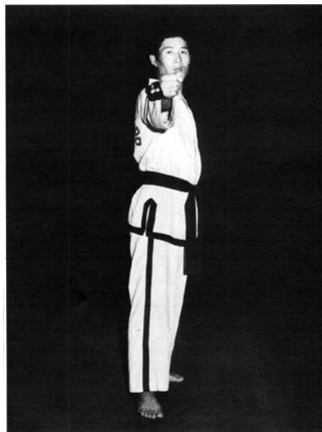


Front View



237

64. Execute a downward strike to D with the right side fist while forming a left vertical stance toward D, pulling the left foot.



Left vertical stance downward strike with the right side fist toward D.



Previous Posture



Application



Side View



Side View



239

238

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.



Left walking stance high vertical punch with a twin fist toward B.



240

Application

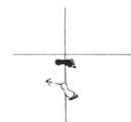


Top View

Front View

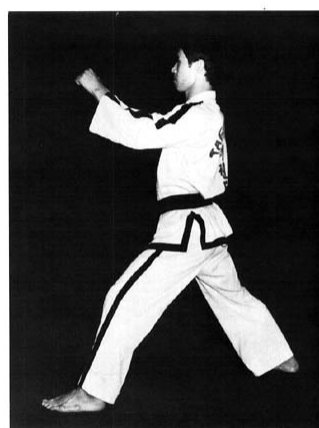


Previous Posture

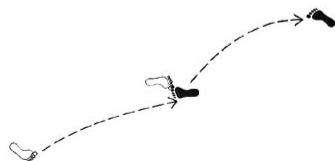


241

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.

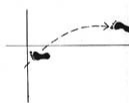
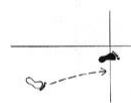
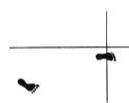


Left walking stance high vertical punch with a twin fist toward A.



242

Previous Posture



Application

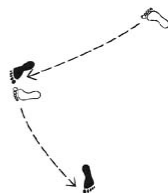


243

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.



Right L-stance knife-hand middle guarding block toward B D.

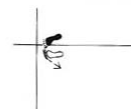
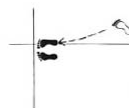


244

Previous Posture



Application



245

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.



Left L-stance knife-hand middle guarding block toward A D.



Side View



Previous Posture



Keep the left heel slightly off the ground.

246

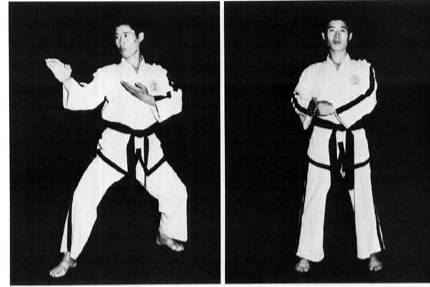
247

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



Close ready stance toward D.

Previous Posture



Side View



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249

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