

PATTERN YOO-SIN

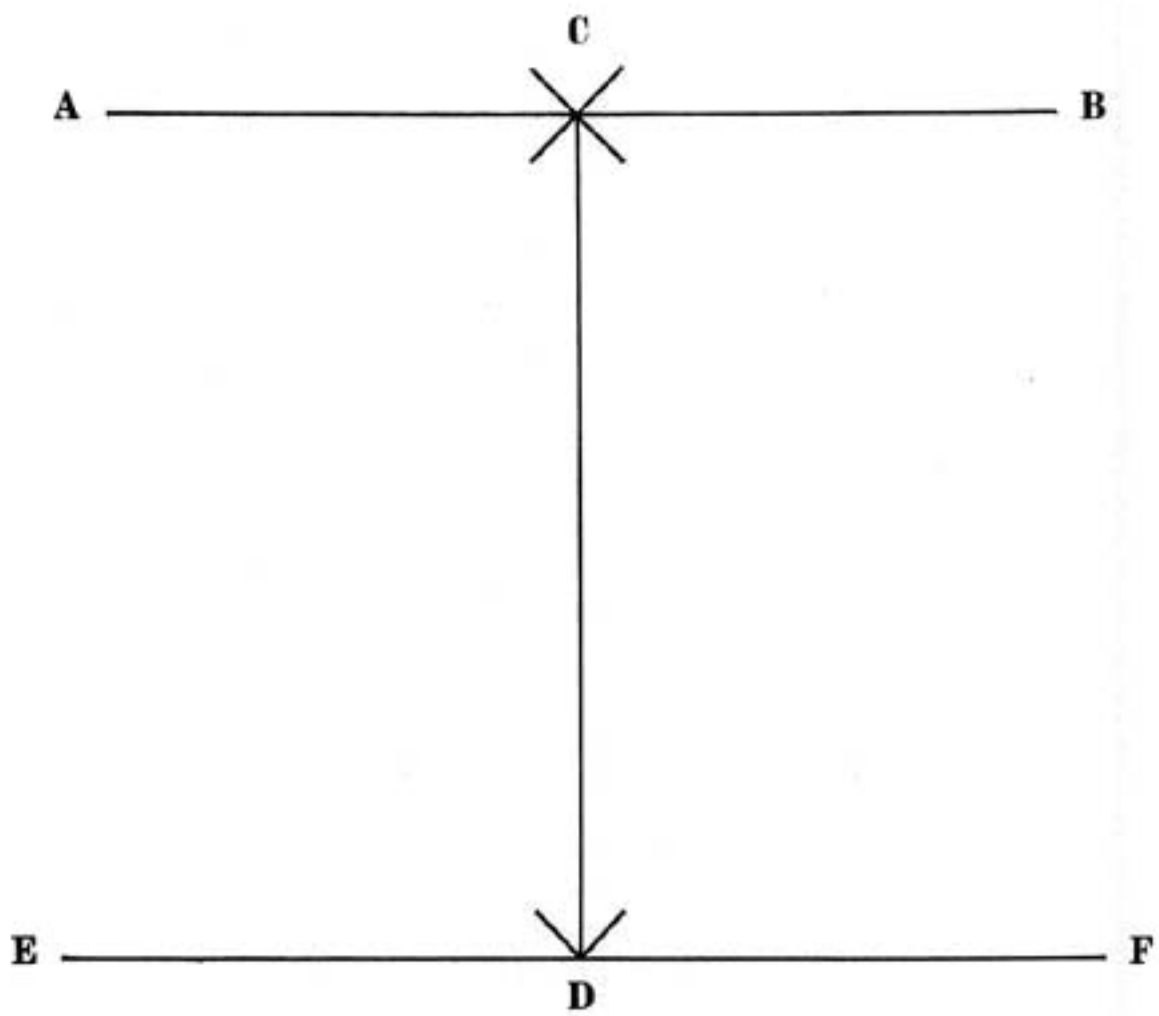
This pattern is practised by the
3th degree.

DIAGRAM: 

MOVEMENT: 68

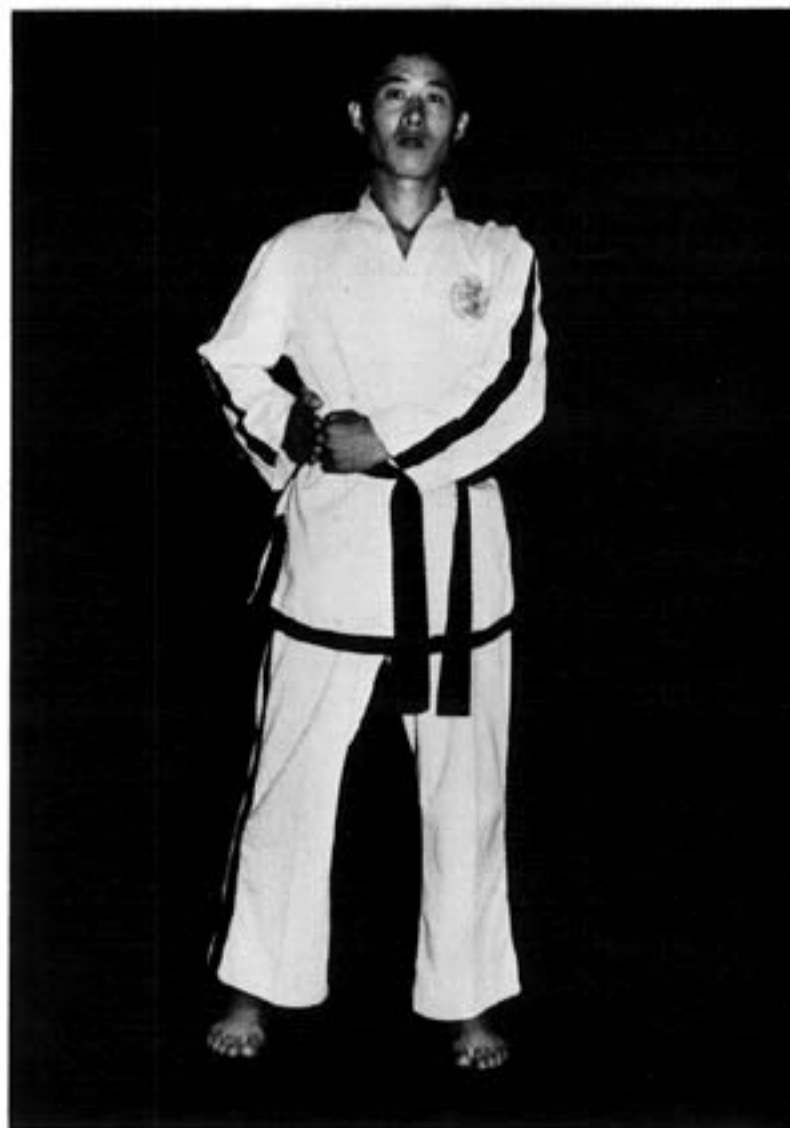
READY POSTURE: SEE PICTURE

DIAGRAM (Yon Moo Son)



Ready Posture (*Junbi Jase*)

Parallel ready stance toward D



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

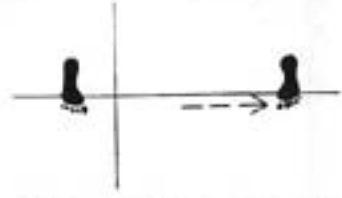
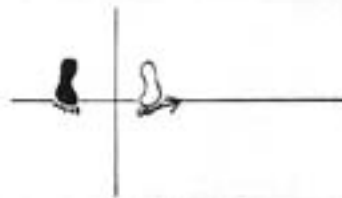


Sitting stance toward **D** with both elbows extended to the sides horizontally.

Side View



Previous Posture



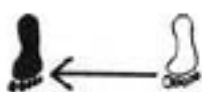
Application



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



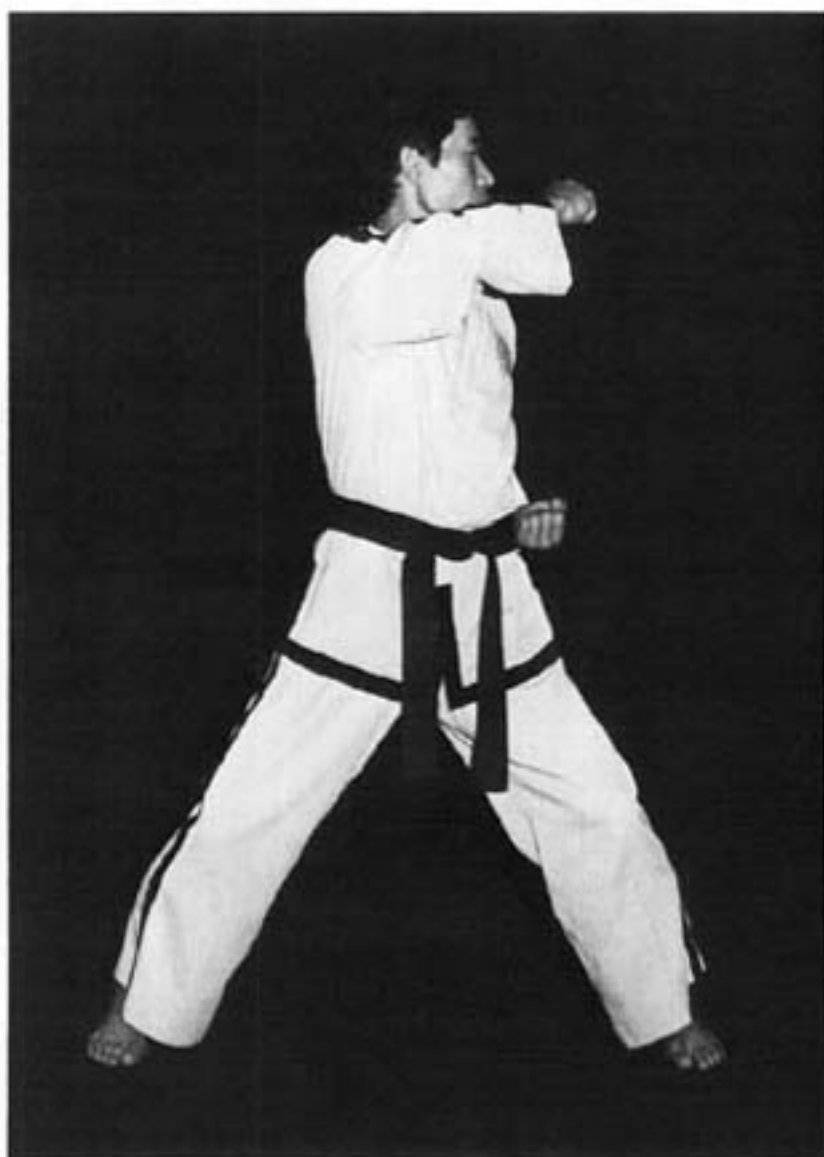
Previous Posture



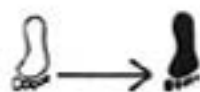
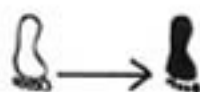
Raise the body slightly.



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.



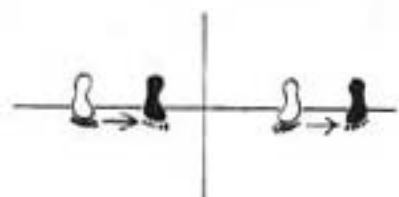
Side View



Previous Posture



Raise the body slightly



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

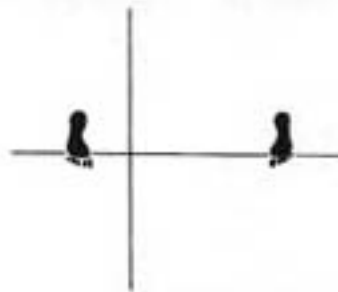
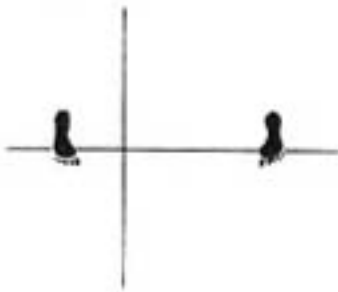


Middle hooking block with the right palm while standing up toward D.

Previous Posture



Keep both legs straight



Application



Side View

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.

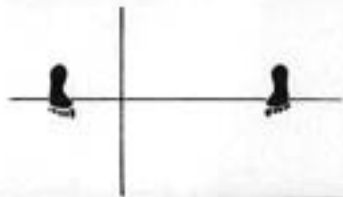


Sitting stance middle punch
with the left fist toward D.

Side View



Previous Posture



Application



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

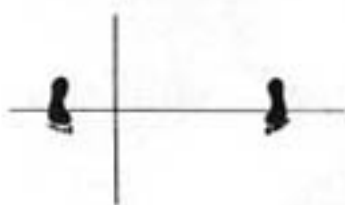


Middle hooking block with the left palm while standing up toward D.

Previous Posture



Keep both legs straight



Application



Side View

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.

Previous Posture



Application



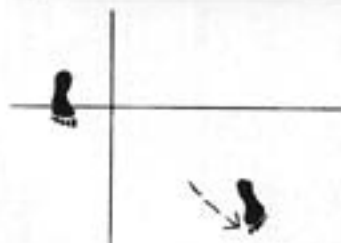
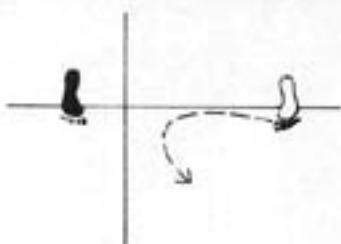
Side View

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.

Previous Posture



Application

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

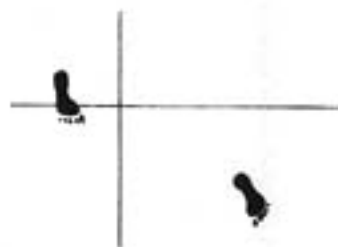


Left walking stance toward BD with a right inner forearm circular block to AD.

Previous Posture



Keep the right heel slightly off the ground.

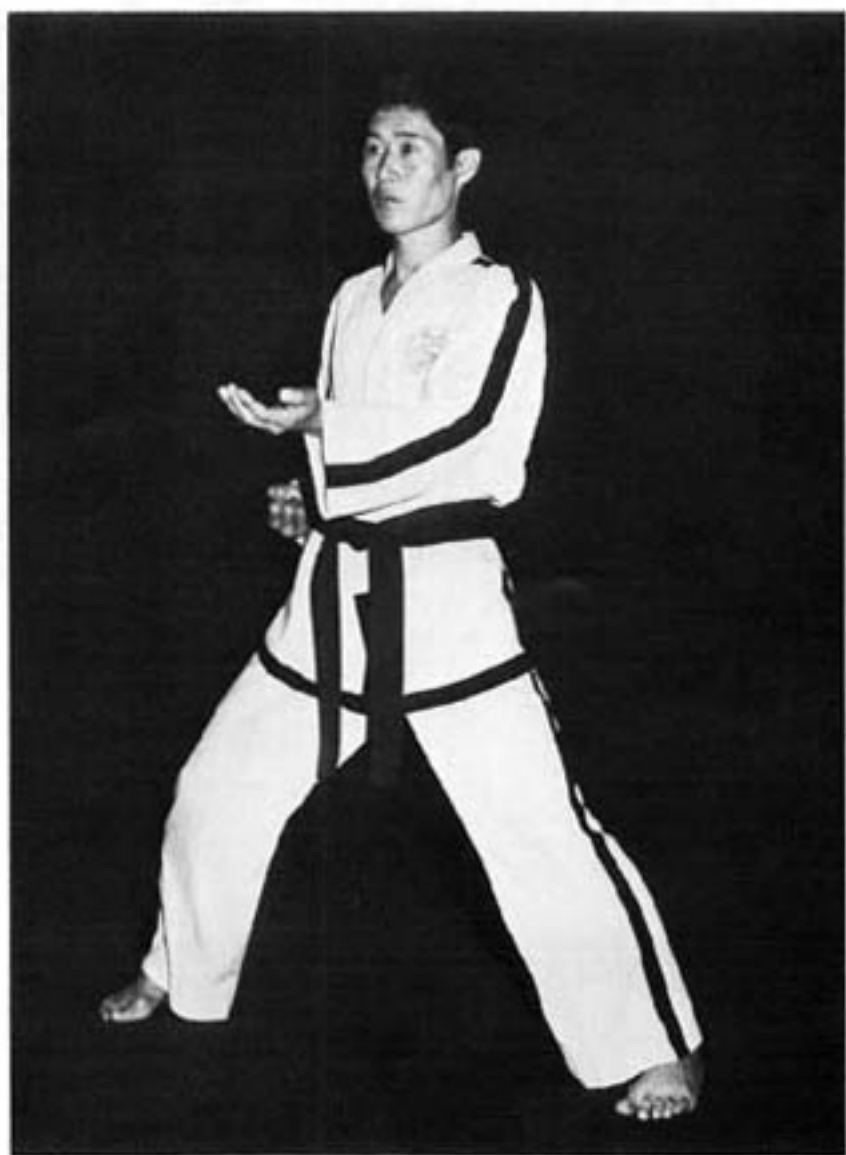


Application



Side View

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

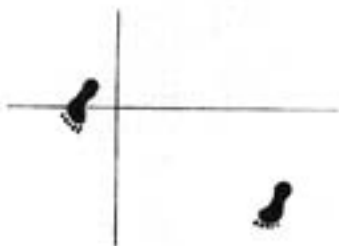


Sitting stance toward AD with a left palm scooping block.

Previous Posture



Raise the body slightly

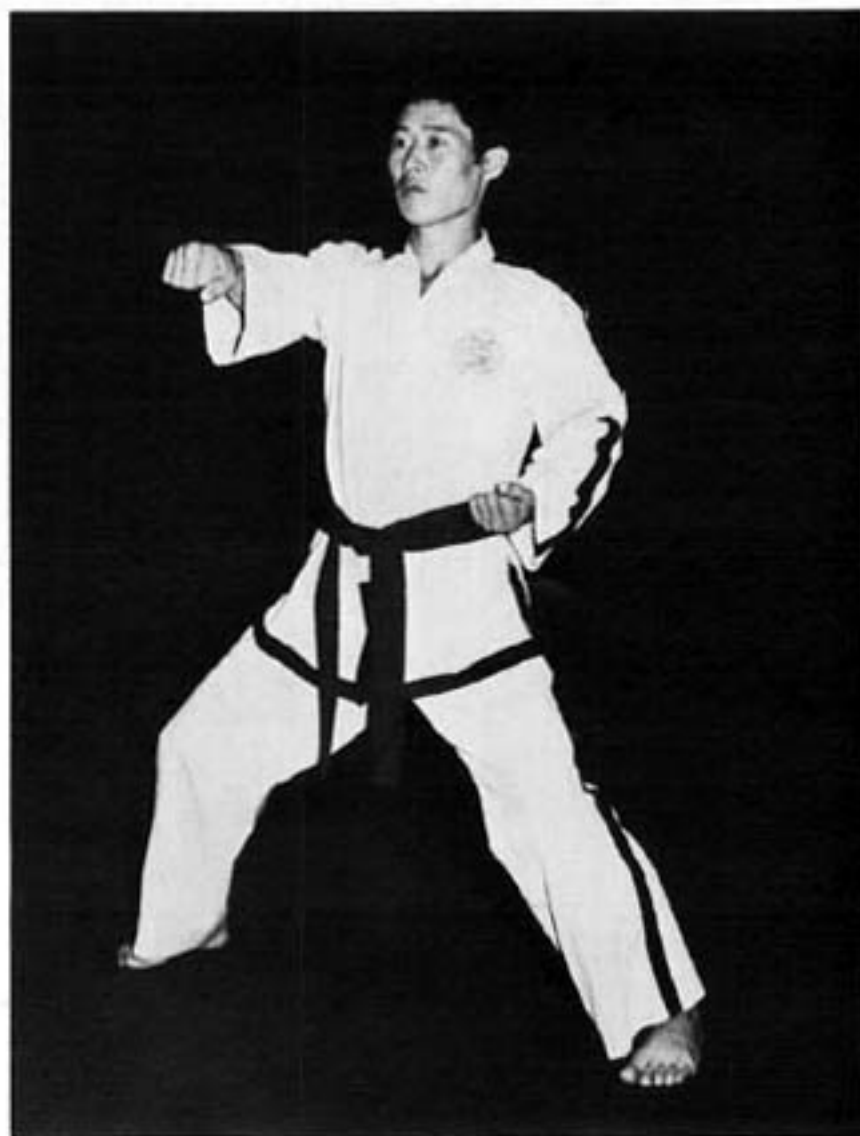


Application



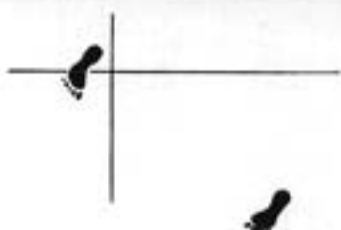
Side View

- 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.

Previous Posture

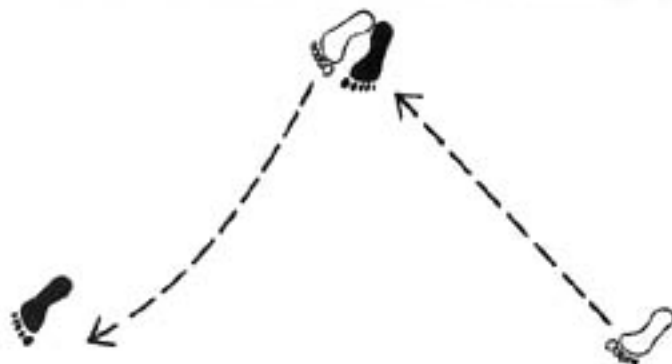


Application

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.



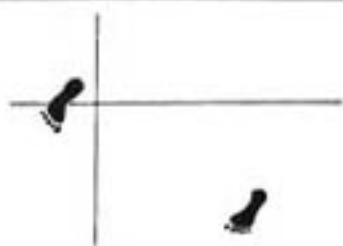


Previous Posture

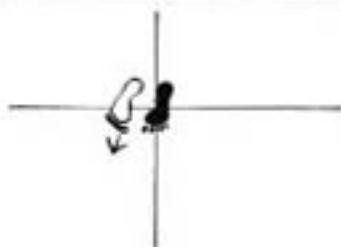


Application

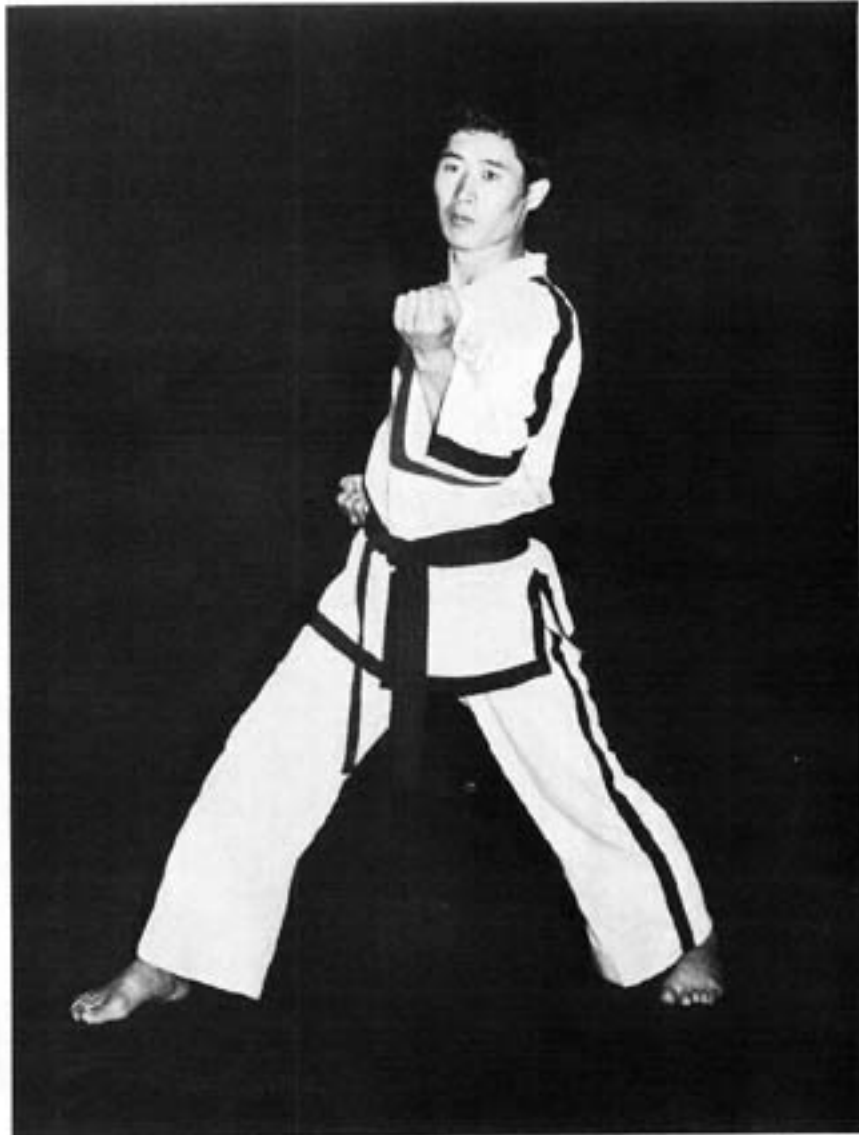
Side View



Keep the left heel slightly off the ground.



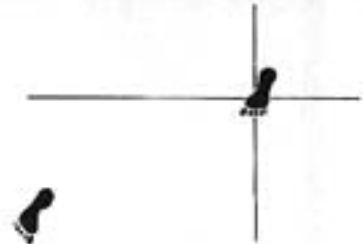
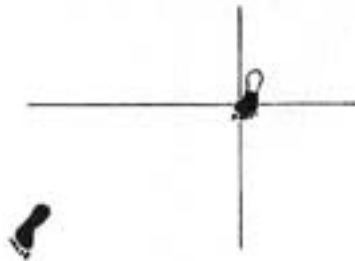
13. Execute a circular block to **BD** with the left inner forearm, while maintaining a right walking stance toward **AD**.



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

Keep the left heel slightly off the ground.

Previous Posture



Application



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.

Previous Posture



Raise the body slightly

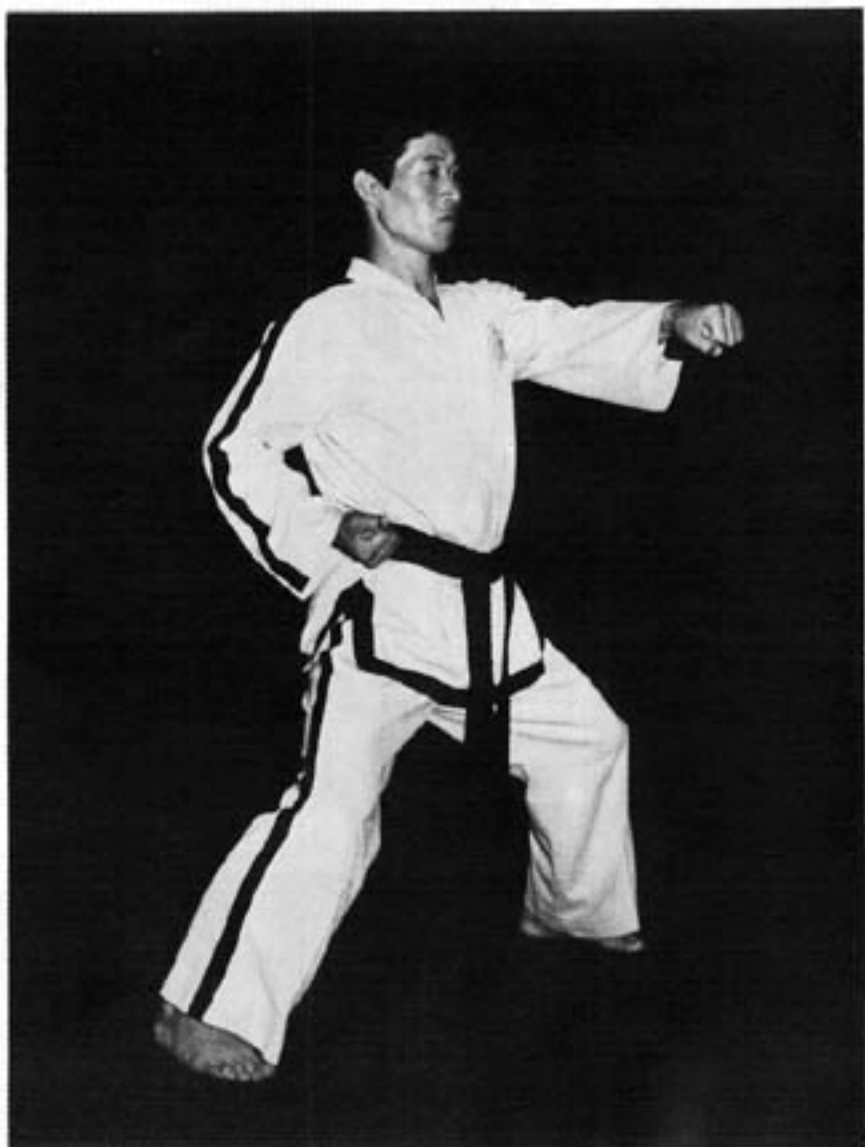


Application



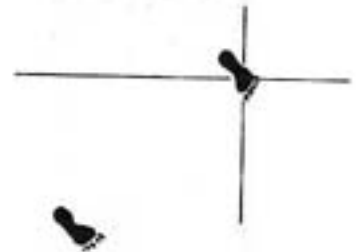
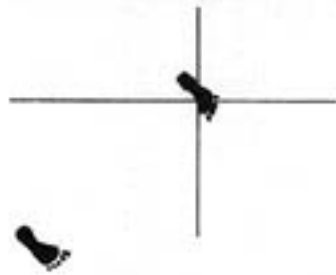
Side View

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.

Previous Posture

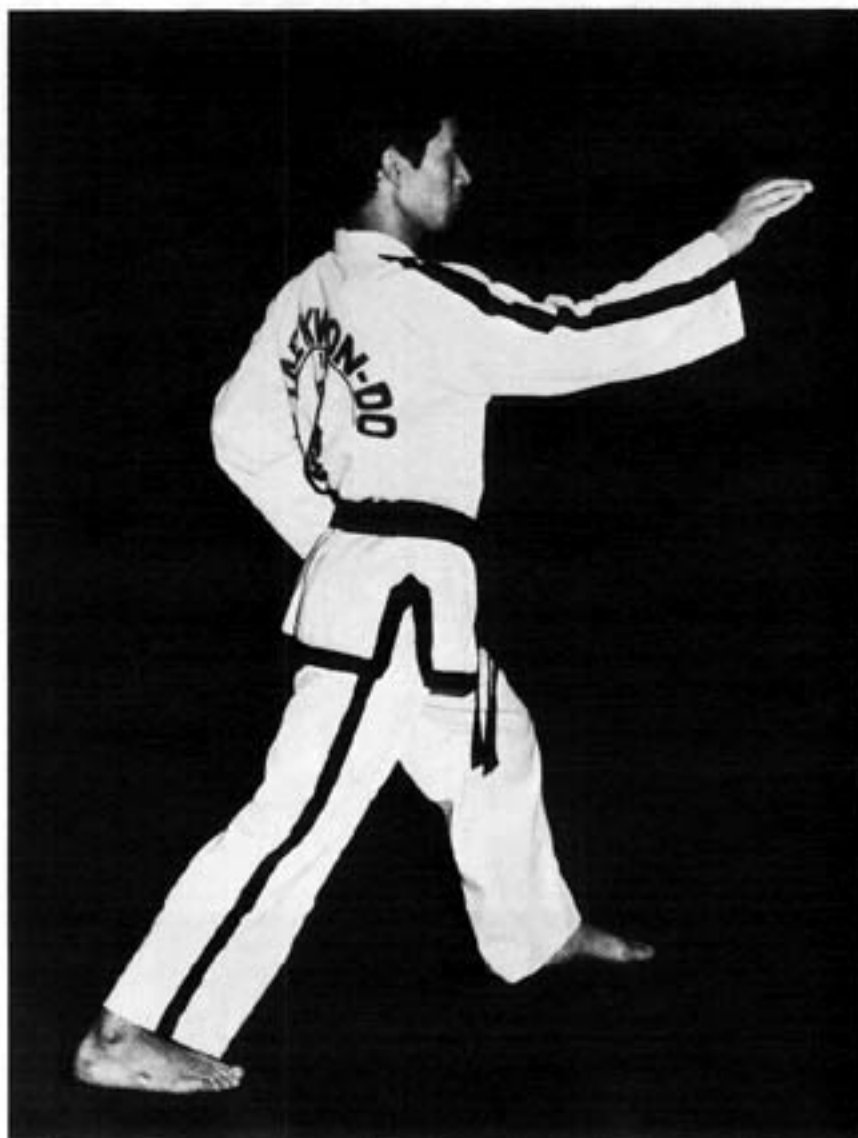


Application



Side View

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

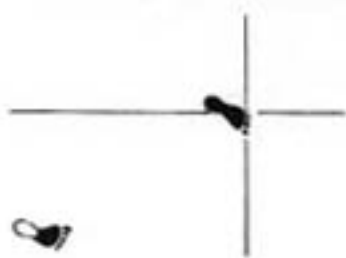


Left walking stance toward BC with a right palm high hooking block to B.

Top View



Previous Posture



Keep the right heel slightly off the ground.

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

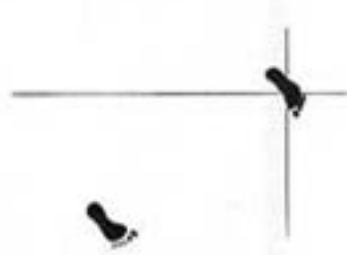
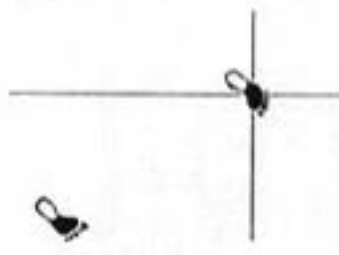


Sitting stance middle punch with the left fist toward BD.

Previous Posture



**Raise both heels slightly
off the ground.**



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

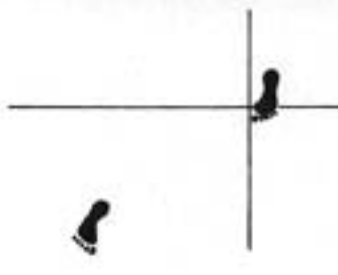
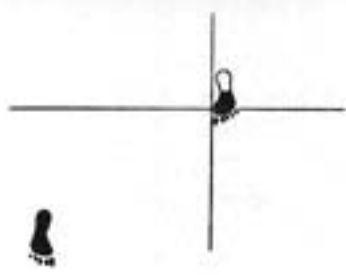


Right walking stance toward AD with a left palm high hooking block to BD.

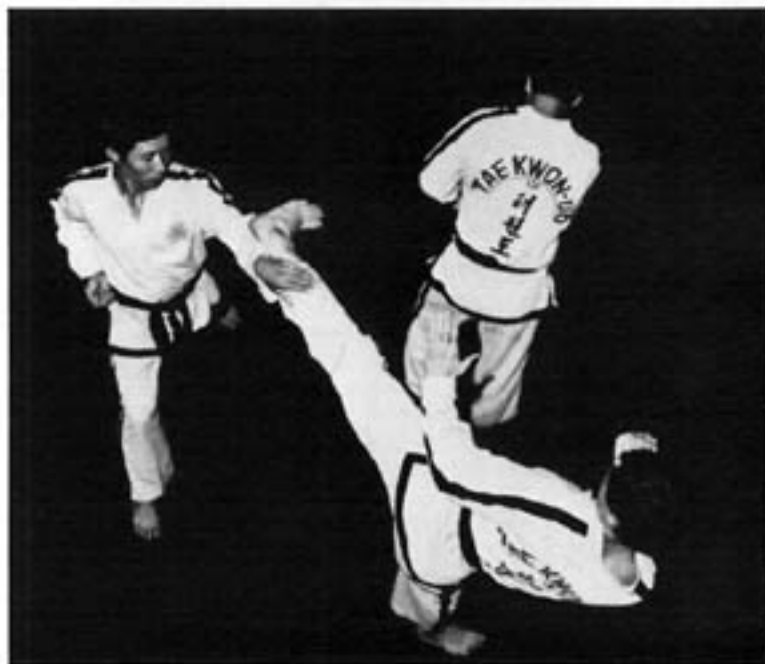
Previous posture



Keep the left heel slightly off the ground.



Application



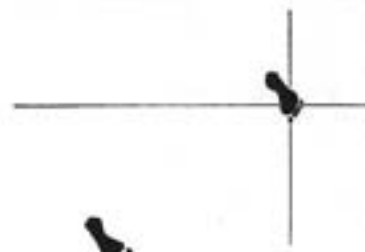
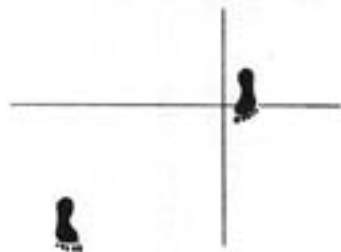
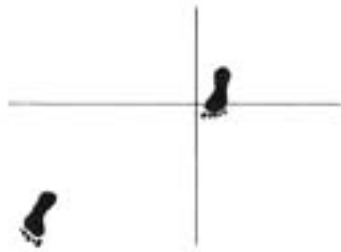
Top View

- 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.**

Previous Posture



Application



Top View

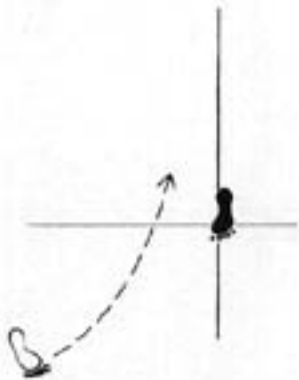
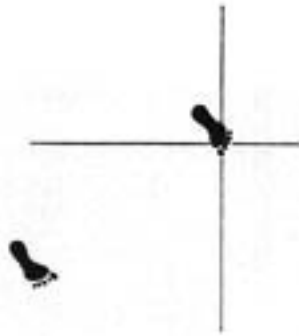
20. Move the right foot to C, forming a left walking stance toward D at the same time executing a pressing block with an X-fist.



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



Previous Posture



Application



Side View



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.

Application

Previous Posture



Keep the right heel slightly off the ground.



Side View

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.



Previous Posture

Keep the right heel slightly off the ground.



Side View

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.

Previous Posture



Application



Side View

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.

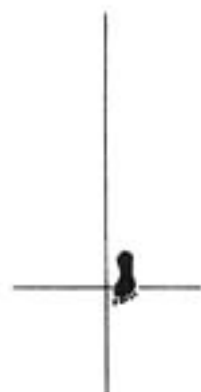


Right walking stance middle punch with the left fist toward D.



Previous Posture

Side View



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.



Previous Posture

Keep the right heel slightly off the ground.



Side View



Side View

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.



Previous Posture

Keep the left heel slightly off the ground.



Side View



Application



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.

Previous Posture



Keep the left heel slightly off the ground.



Application



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.

Application

Previous Posture



Side View



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.

Application



Previous Posture



Side View



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.

Previous Posture



Application



Side View

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.

Application

Previous Posture



Top View



Side View



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.

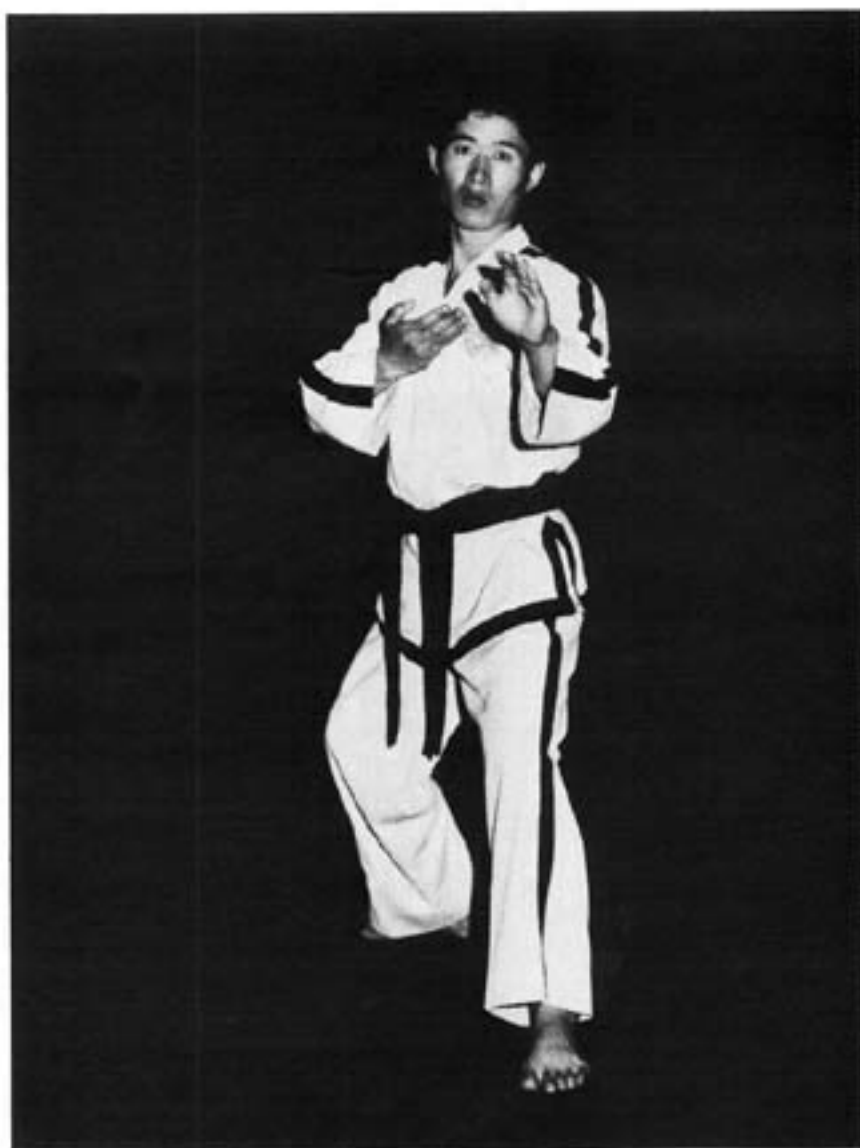
Previous Posture



Side View



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.

Previous Posture



Application



Side View

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.



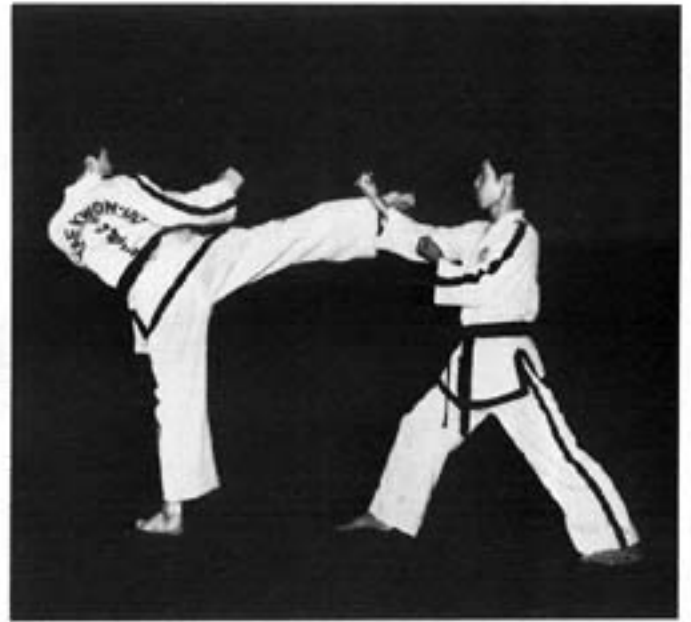
Right walking stance high block with the right double forearm toward D.



Previous Posture



Application



Side View



Keep both back fists faced upward.



Other View

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.

Previous Posture

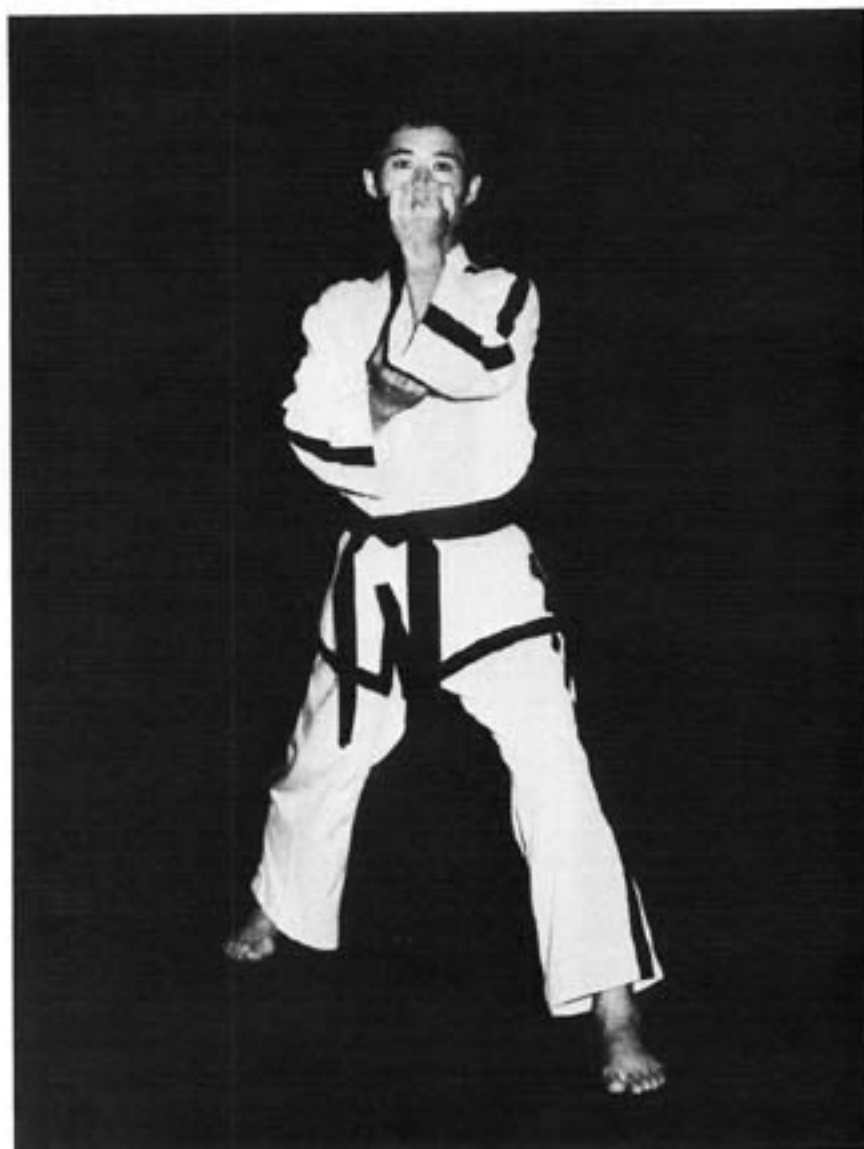


Application



Side View

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.



Previous Posture



Application



Keep both back fists
faced upward.

Side View



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.



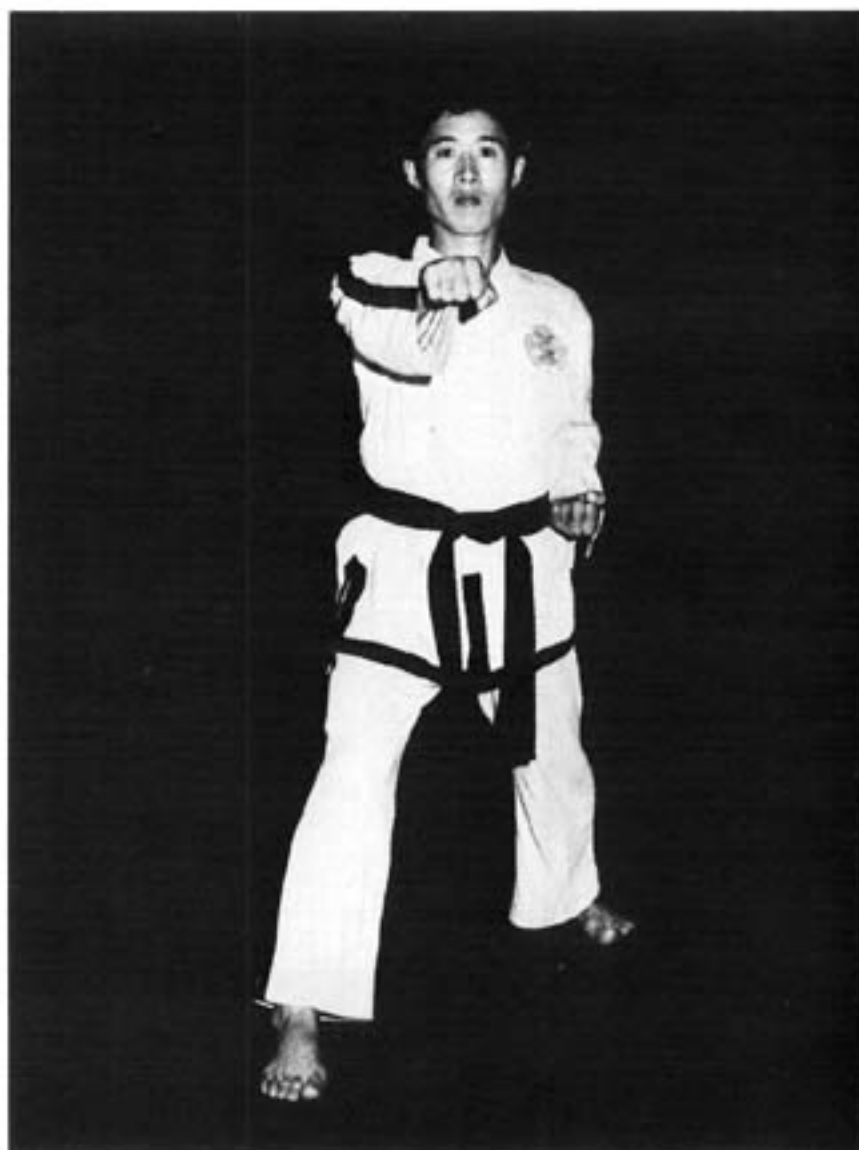
Left walking stance low block with the right forearm toward D.

Previous Posture



Other View

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.



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

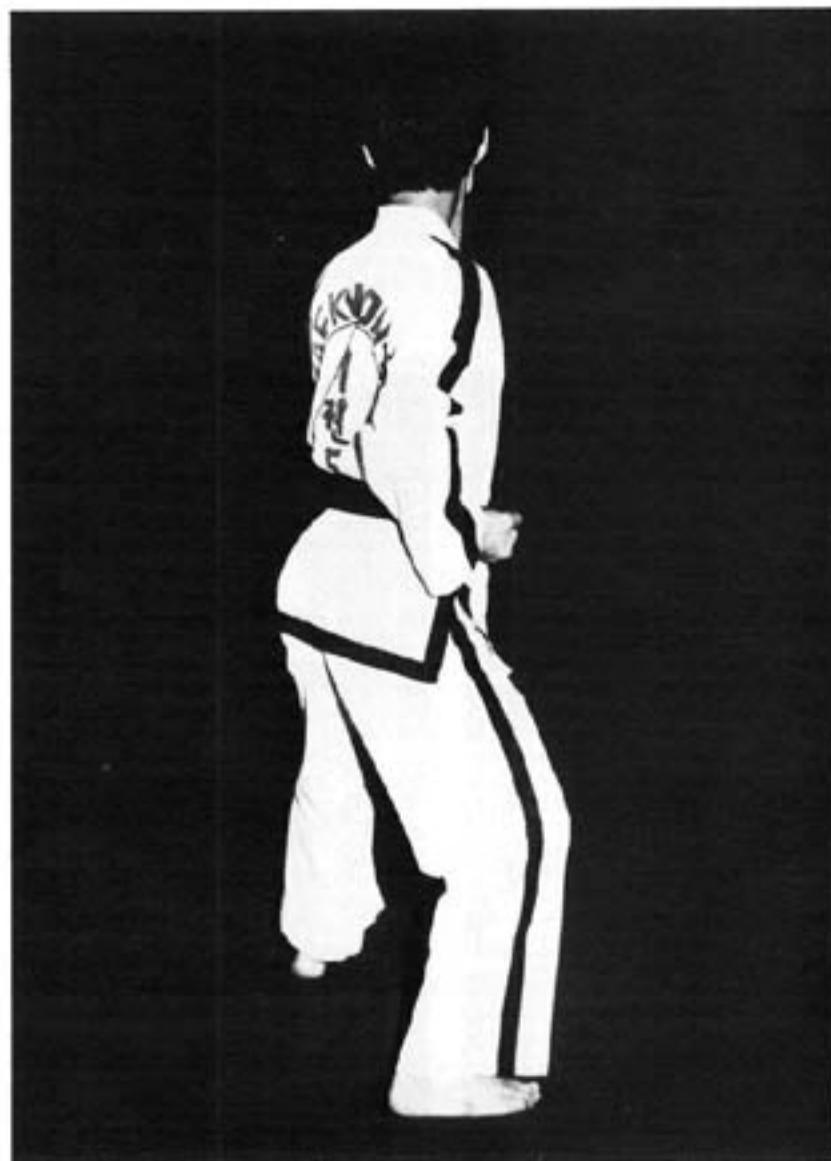
Previous Posture



Side View



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.

Previous Posture

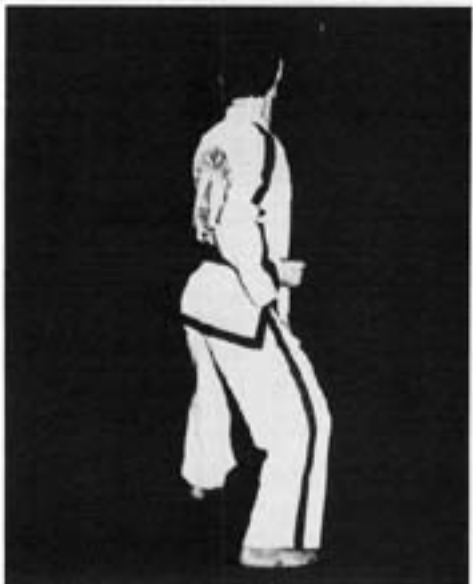


Application



Side View

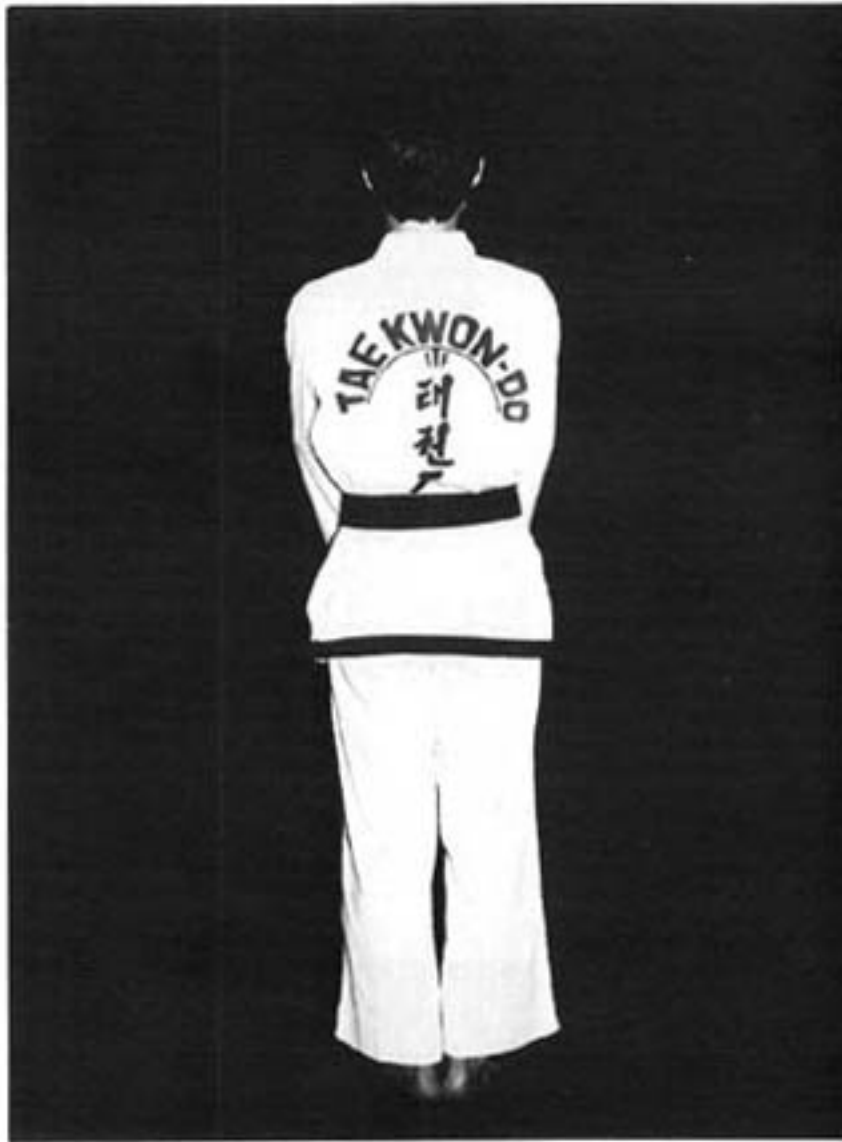
Keep the left heel slightly off the ground.



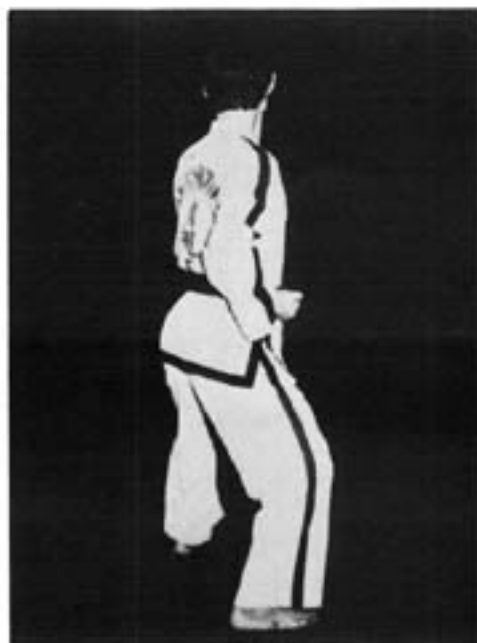
Other View



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



Close ready stance **C** toward **C**.

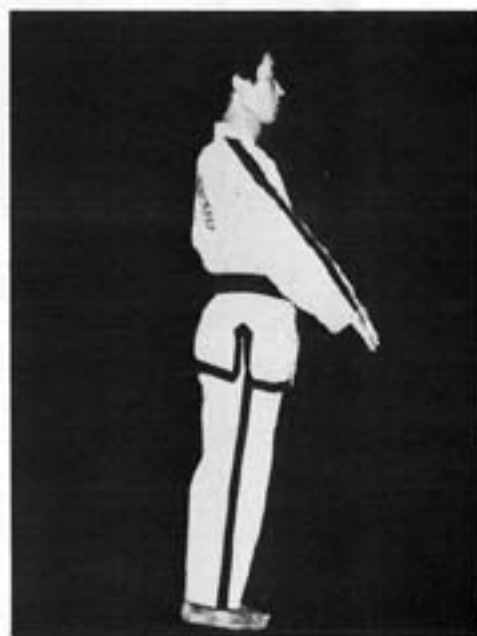


Previous Posture



Other View

Side View



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.

Application



Side View

Other View



Previous Posture



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.

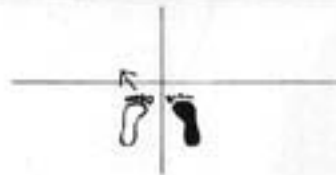


Left walking stance upset punch with twin fist toward CE.





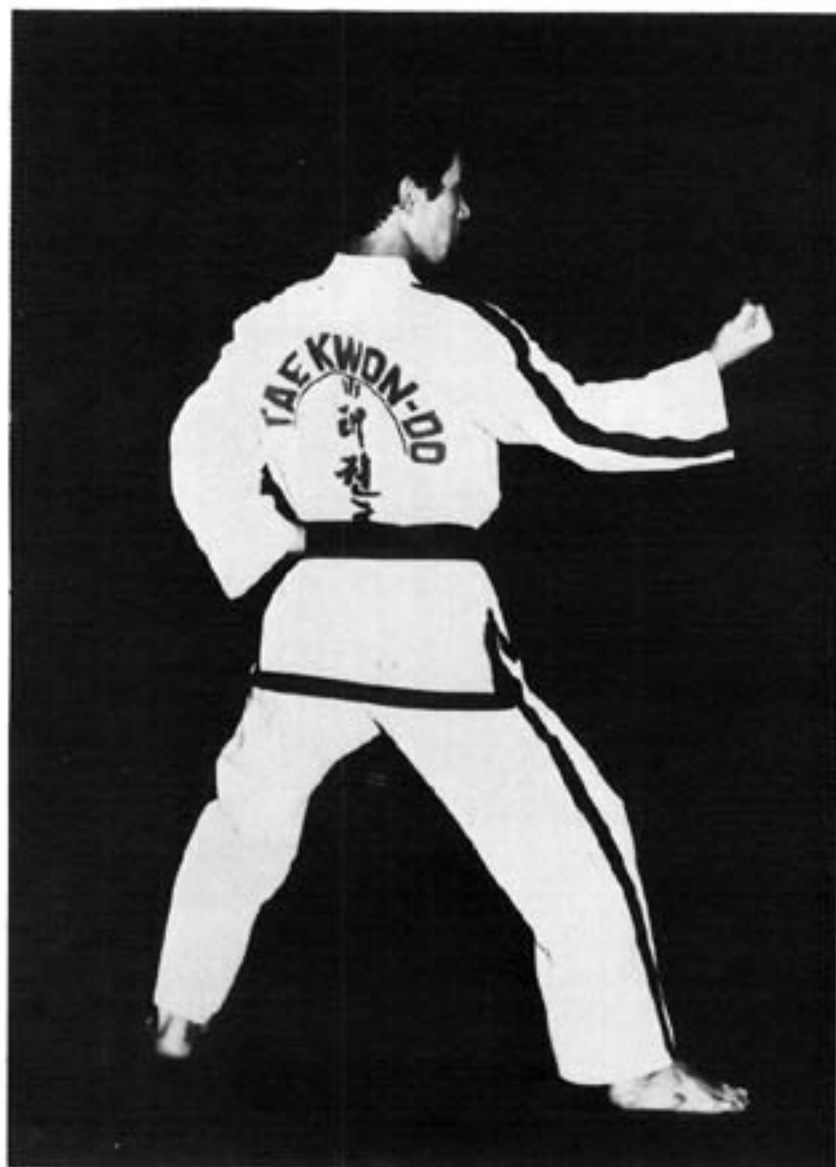
Previous Posture



Side view



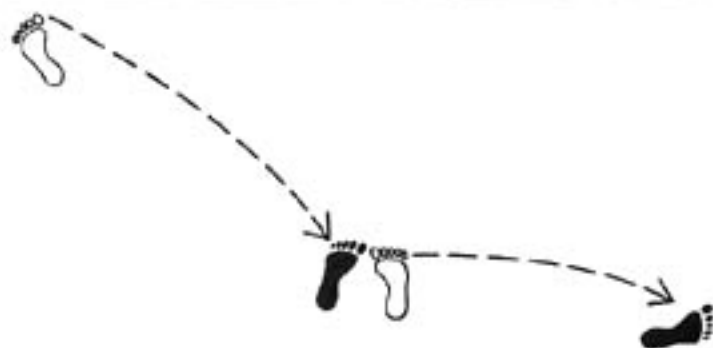
43. Bring the left foot to the right foot, and then move the right foot to F to form a left L-stance toward F while executing a middle block to F with the right inner forearm.



Previous Posture



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





Front View



Application



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.

Front View



Previous Posture



Raise the body slightly

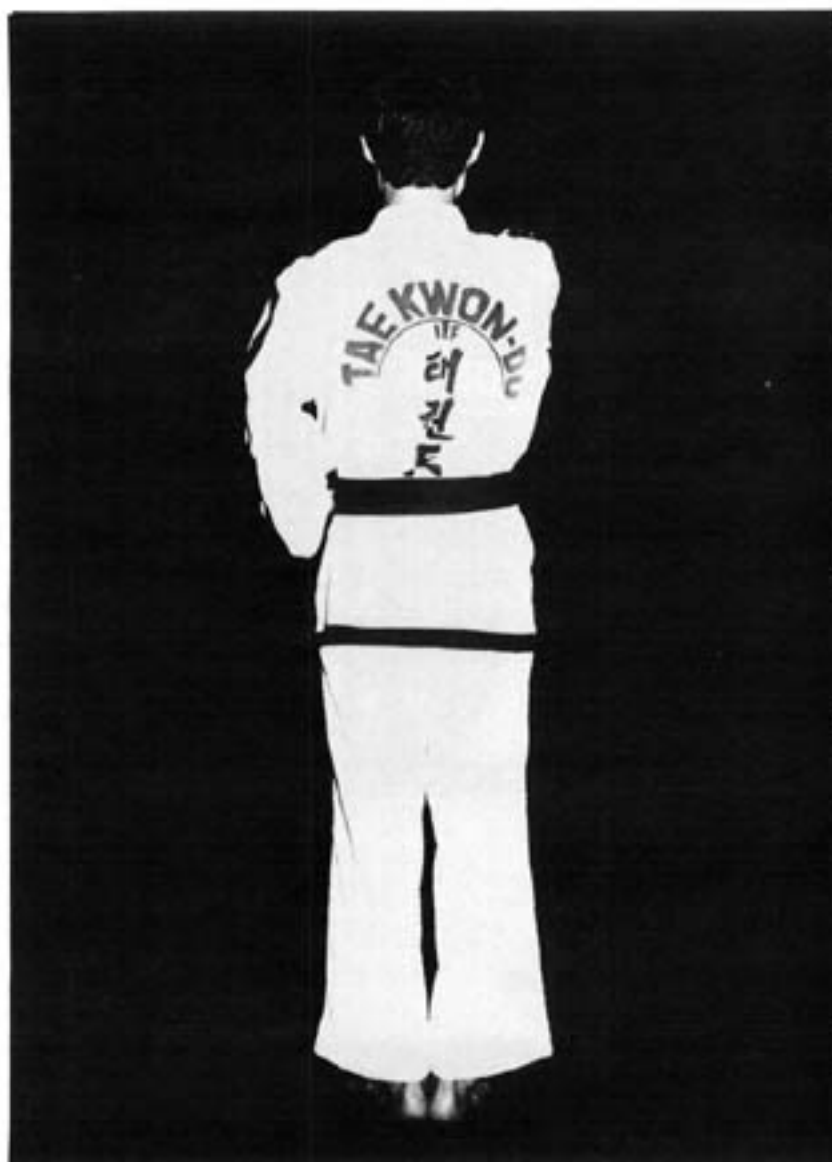


Application



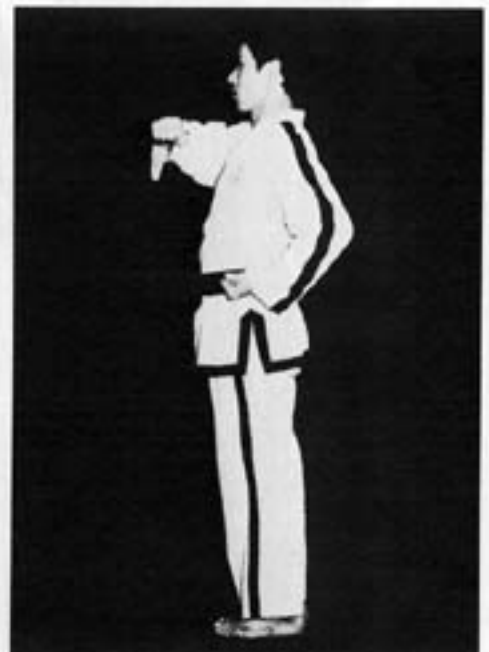
Top View

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.

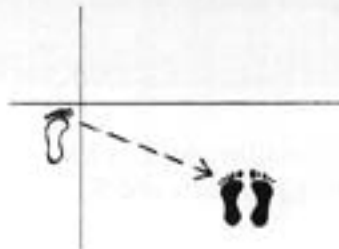


Close stance toward C with a right fist angle punch.

Other View



Side View



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.

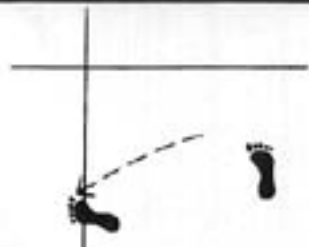
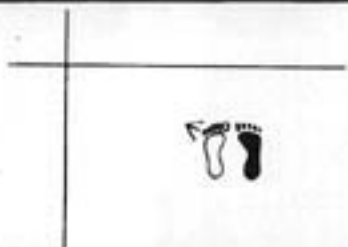
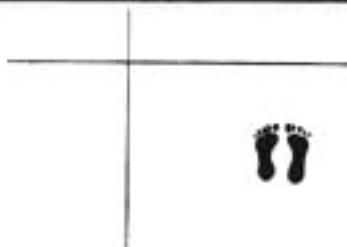


Right L-stance middle block with the left inner forearm toward E.

Other View



Previous Posture



Application



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.

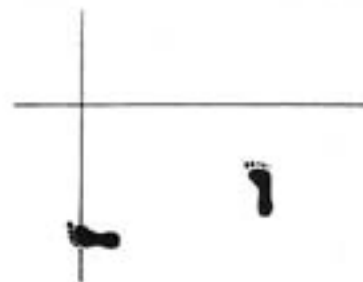
Other View



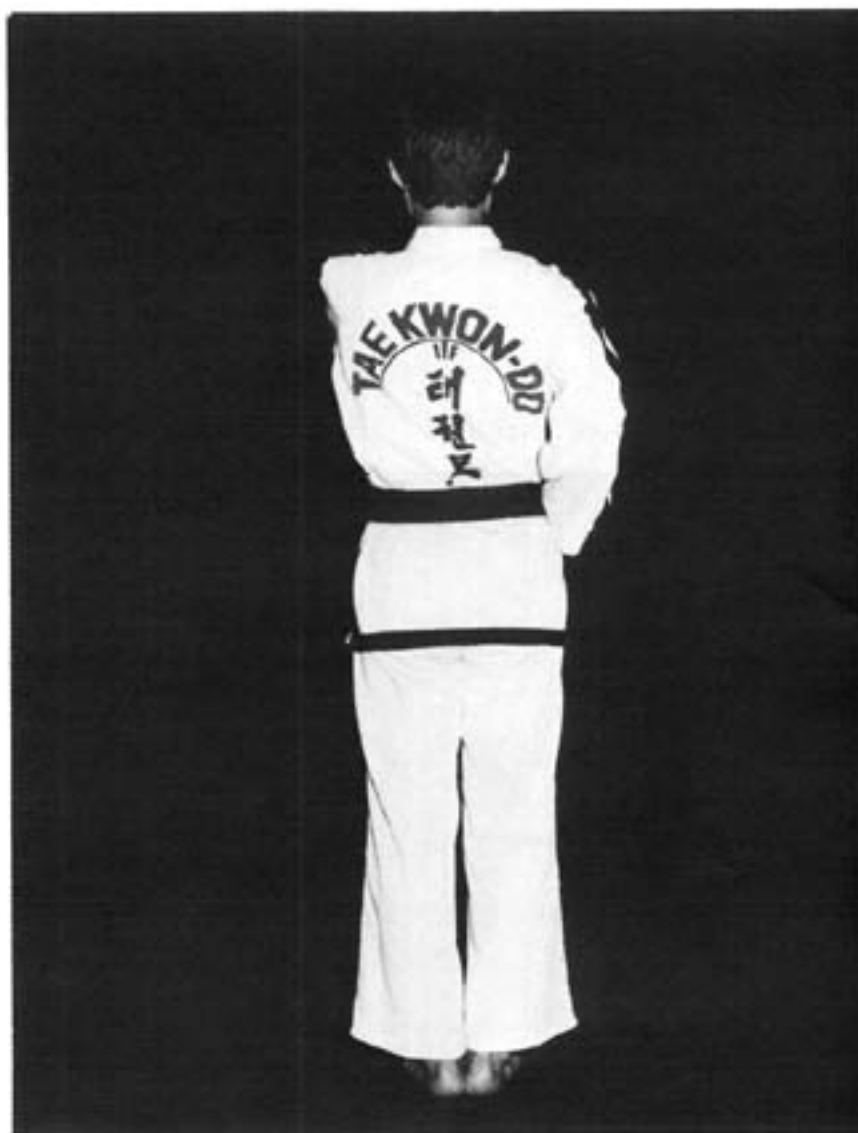
Previous Posture



Raise the body slightly



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.

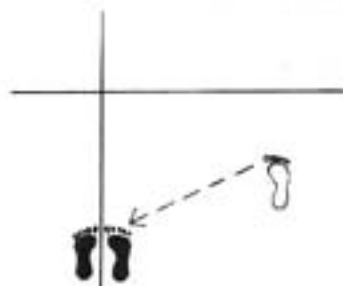


Close stance toward D with a left fist angle punch.

Other View



Top View



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

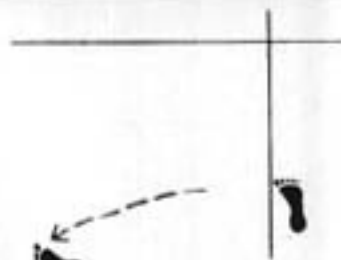
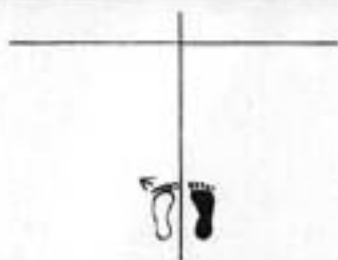
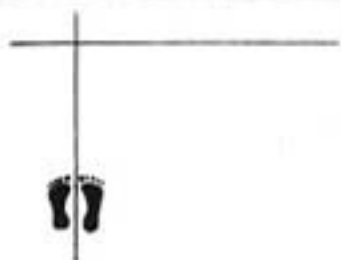


Left fixed stance U-shape punch toward **E**.



Other View

Previous Posture



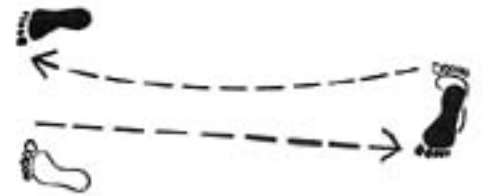
Application



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.



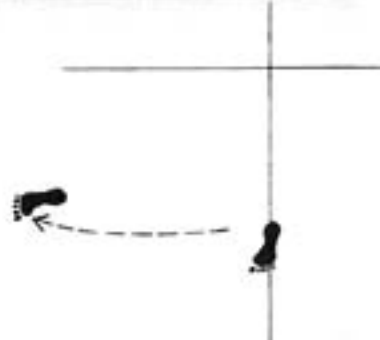
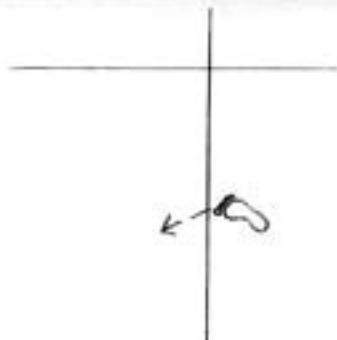
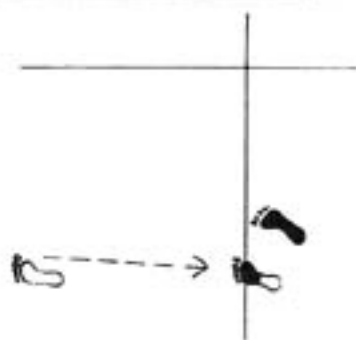
Right fixed stance U-shape punch toward E.



Previous Posture



Front View



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.

Application



Previous Posture



Front View



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



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.

Application

Previous Posture



Front View

Front View



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.

Application

Previous Posture

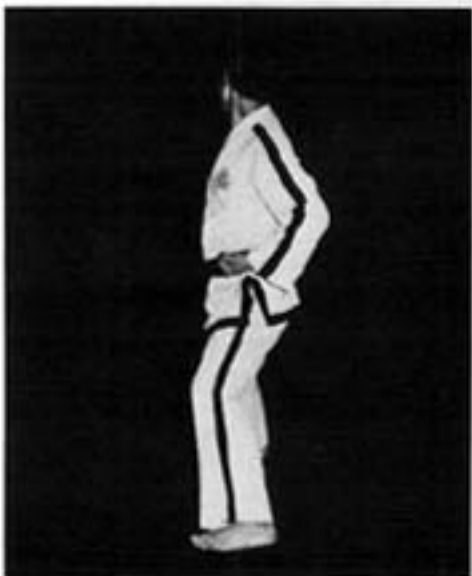


Front View

Raise the body slightly.



Front View



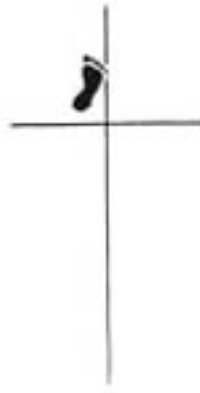
Other View

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



Middle crescent kick to C with the left foot.

Previous Posture



Application



Side View

Other View



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



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**.

Application

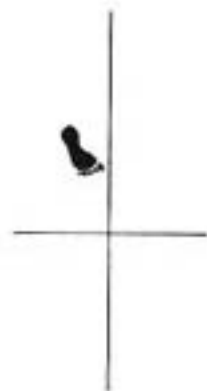


Top Viwe

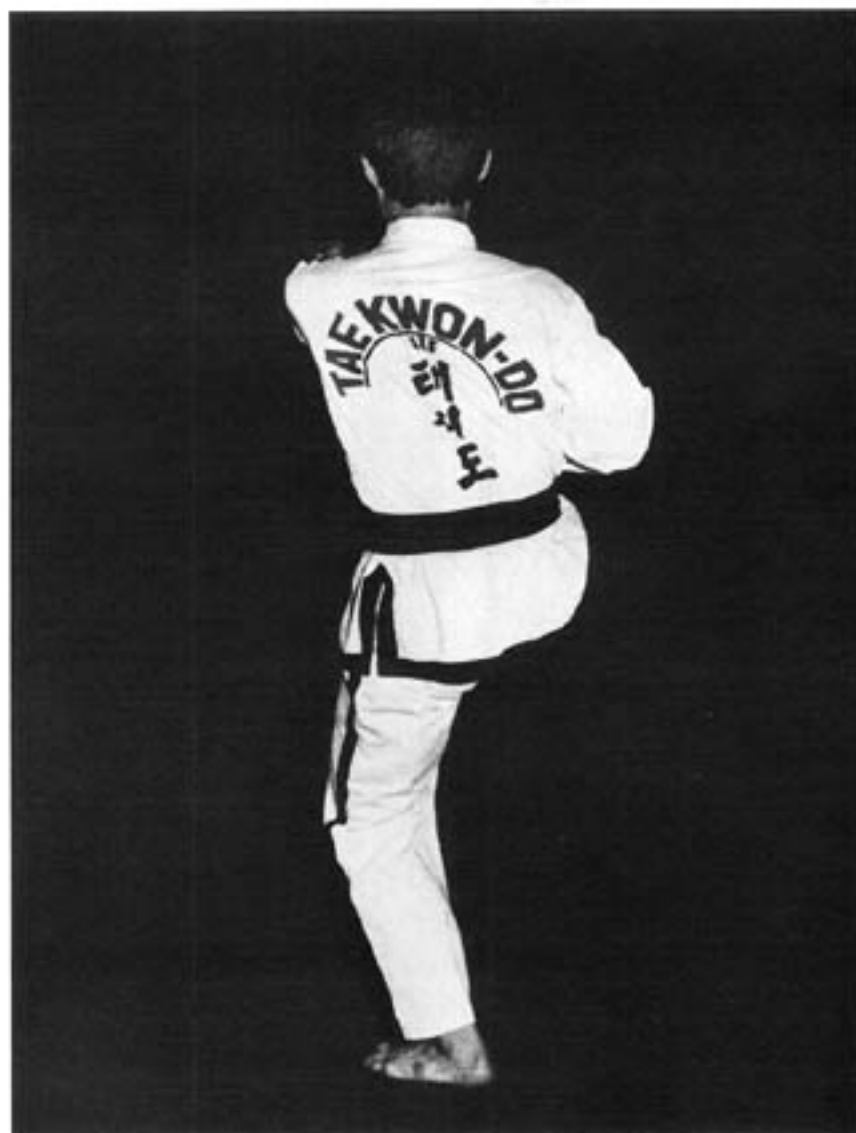
Previous Posture



Front View



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



Middle crescent kick to C with the right foot.

Application



Top View

Previous Posture



Side View

- 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.

Application



Side View

Previous Posture



Other View



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.

Application



Previous Posture



Front View

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



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

Application

Previous Posture



Raise the body slightly.



Front View

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.**

Previous Posture



Front View



Top View

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



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

Application



Previous Posture



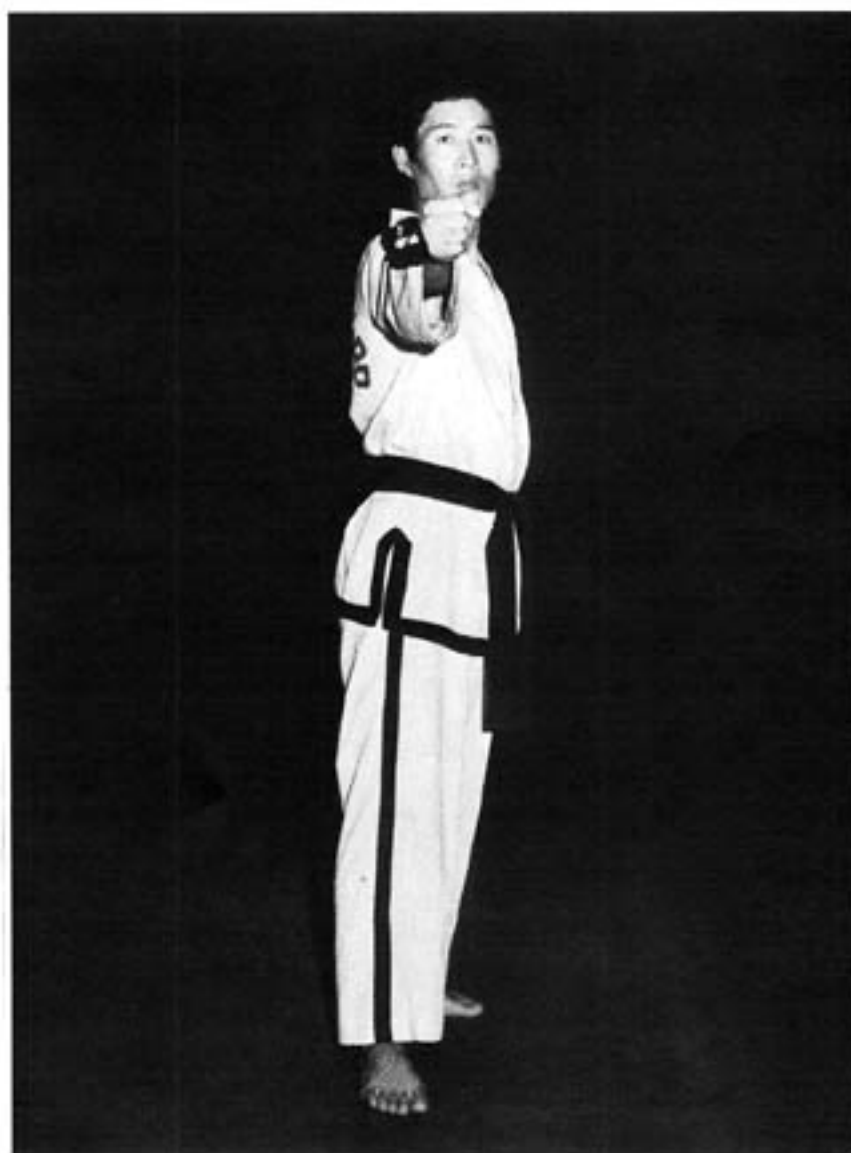
Raise the body slightly.



Front View



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



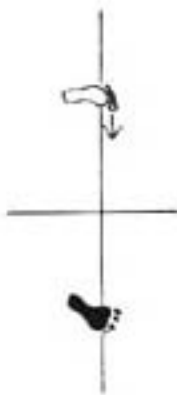
Left vertical stance downward strike with the right side fist toward D.

Application

Previous Posture



Side View



Side View

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.



Application



Top View

Front View



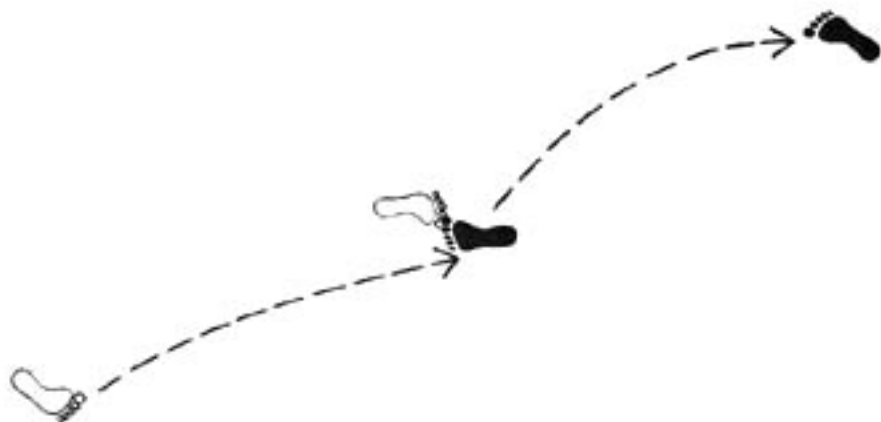
Previous Posture



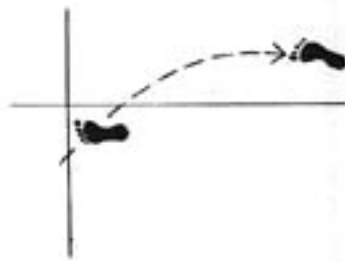
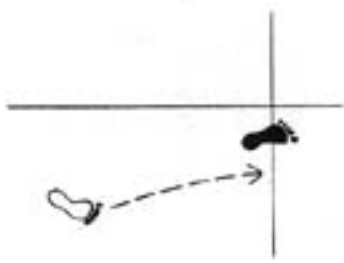
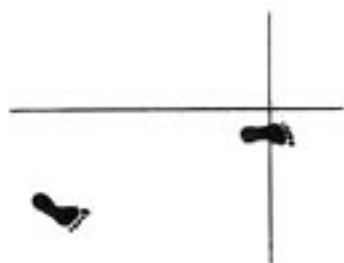
66. Move the right foot to B, turning counter-clockwise to form a left walking stance toward A while executing a high vertical punch to A with a twin fist.



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



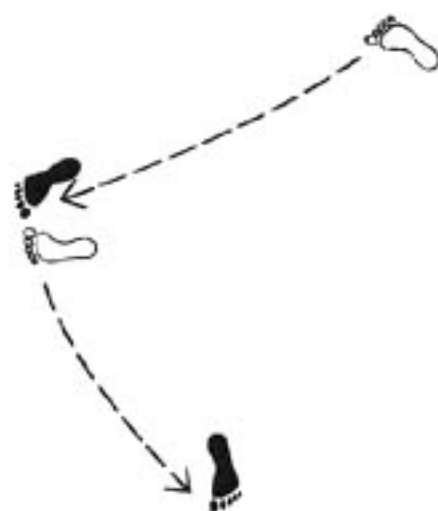
Previous Posture



Application

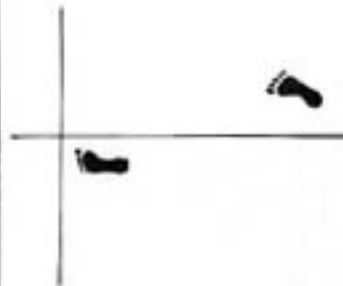


67. Bring the right foot to the left foot, and then move the left foot to BD to form a right L-stance toward BD while executing a middle guarding block to BD with a knife-hand.

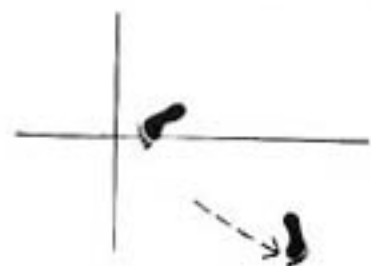
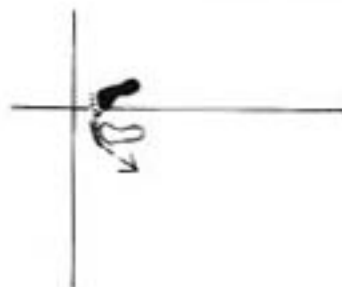
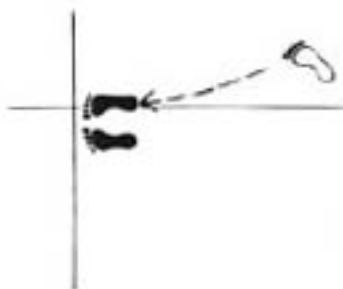


Right L-stance knife-hand middle guarding block toward B D.

Previous Posture



Application



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.

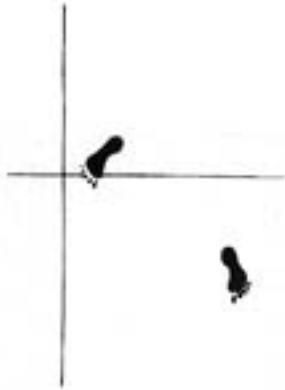


Left L-stance knife-hand middle guarding block toward AD.

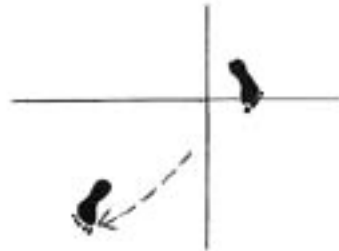
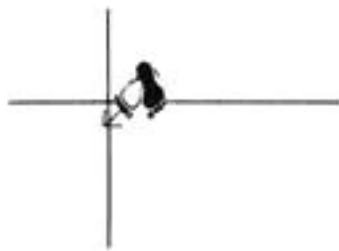
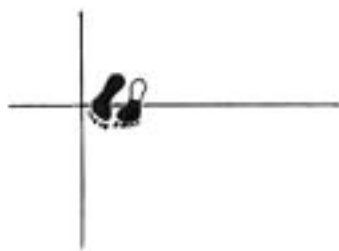




Previous Posture

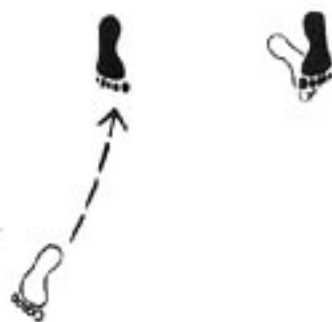


Side View



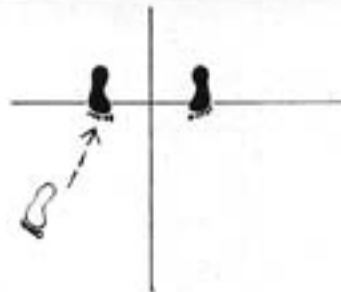
Keep the left heel slightly off the ground.

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



Close ready stance toward D.

Previous Posture



Side View

