

Yoo-Sin

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.

