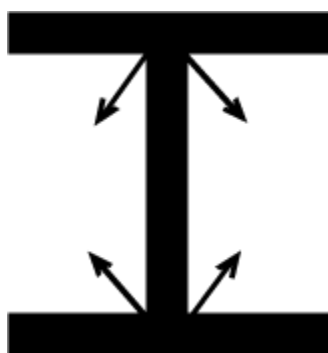


YOO - SHIN HYUNG

Pronounced (Yu Shin)

Yoo Shin is named after Kim Yoo Shin, the great General in the Silla Dynasty who was instrumental in uniting the three kingdoms of Korea. The 68 movements refer to the last two figures of the year 668 A. D., the year of the unification of Korea.

The Pattern made by this form:



of Movements – 68

of Kihaps – 3

#1 Twin Elbow Strike

#8 Right Punch

#64 Right Overhead Hammerfist

No fear of the dark and greater respect for the light.

A Black Belt stands tall among the forest and shelters the weak for posterity and prosperity.



2nd DEGREE BLACK BELT-SENIOR

YOO - SHIN HYUNG

TECHNIQUE

STANCE

Parallel stance with left fist on right palm

1. Twin elbow strikes (kihap)	Middle (step left)
2. Left horizontal punch - right vertical back elbow strike	Middle (hop right)
3. Right horizontal punch - left vertical back elbow strike	Middle (hop left)
4. Right tension hooking block	(Raise slightly)
5. Left middle punch	Middle
6. Left tension hooking block	(Raise slightly)
7. Right middle punch	Middle
8. Left outer forearm block	Left front (45°)
9. Right reverse inner forearm block	
10. Left upset palm block	Middle
11. Right middle punch	
12. Right outer forearm block	Right front (45°)
13. Left reverse inner forearm block	
14. Right upset palm block	Middle
15. Left middle punch	
16. Right tension hooking block	(Raise slightly)
17. Left middle punch	Middle
18. Left tension hooking block	(Raise slightly)
19. Right middle punch	Middle
20. Low X - block	Left front
21. Right high knifehand X - block (rotate hands for wrist grab/release)	
22. Right reverse middle punch (left palm atop right forearm)	
23. Right front kick	
24. Left reverse middle punch	Right front
25. Low X - block	
26. Left high knifehand X - block (rotate hands for wrist grab/release)	
27. Left reverse middle punch (right palm atop left forearm)	
28. Left front kick	
29. Right reverse middle punch	Left front
30. Right double knifehand block	Left back
31. Left double knifehand block	Right back
32. Right double knifehand block	Left back (step back)
33. Left double knifehand block	Right back (step back)
34. Right double inner forearm block	Right front
35. Right inner forearm - left low block	
36. Left double inner forearm block	Left front



2nd DEGREE BLACK BELT-SENIOR

YOO - SHIN HYUNG

TECHNIQUE

STANCE

37. Left inner forearm - right low block	
38. Right middle punch (kihap)	Right front
39. Left ridgehand block	Right back
40. Tension move to closed ready position C	
41. Twin upset punches	Right front (45°)
42. Twin upset punches	Left front (45°)
43. Right inner forearm block	Left back
44. Left reverse 90° horizontal punch across chest	
45. Right reverse tension 90° horizontal punch across chest	Closed (left foot moves)
46. Left inner forearm block	Right back
47. Right reverse 90° horizontal punch across chest	
48. Left reverse tension 90° horizontal punch across chest	Closed (right foot moves)
49. Left side U - shaped punch	Right back
50. Right side U - shaped punch	Left back
51. Right upset outer forearm block	Middle
52. Right outer forearm block	Right foot lefts to avoid sweep
53. Right upset outer forearm block	Left foot lifts to avoid sweep
54. Right backhand strike	Left back
55. Left inner crescent kick into right palm	
56. Left sidekick (55. & 56. in combination)	
57. Left backhand strike	Right back
58. Right inner crescent kick into right palm	
59. Right sidekick (58. & 59. in combination)	
60. Right 9-block	Middle
61. Left 9-block	
62. Right 9-block	Middle
63. Left 9-block	
64. Right side overhead hammerfist (kihap)	Closed (left foot moves)
65. Twin high punch	Left front
66. Twin high punch	Left front
67. Left double knifehand block	Right back (45°)
68. Right double knifehand block	Left back (45°)
Move right foot back to ready position	

