

Yoo-Sin  
**Parallel Stance, Hands in cup and saucer on right hip**

1. Step left foot into a straddle stance (facing north) while thrusting both elbows (outward) to the sides (open hands palm down, hands start open crossed in front of neck).
2. Maintaining straddle stance, scoot half a stance to the east and simultaneously executing a (rearward) left punch over the right shoulder and a right #3-elbow strike to the south.
3. Maintaining straddle stance, scoot half a stance to the west and simultaneously executing a (rearward) right punch over the left shoulder and a left #3-elbow strike to the south.
- 4a. Maintain position of feet and straighten legs while executing a (high) measured right hooking block to the north.
- 4b. Drop into a straddle stance (facing north) while executing a (middle) left hand punch.
- 5a. Maintain position of feet and straighten the legs while executing a (high) measured left hooking block to the north.
- 5b. Drop into a straddle stance (facing north) while executing a (middle) right hand punch.
6. Step right foot across left foot and step left foot into a left walking stance (facing northwest) while executing a (straight) outer forearm block.
7. Maintain left walking stance while executing a (reverse) circle block to the north.
8. Pivot into right diagonal stance (facing north) while executing a (forward) reverse scooping block.
9. Pivot into a left walking stance (facing northwest) while executing a (middle) reverse punch.
10. Step left foot across right foot and step right foot into a right walking stance (facing northeast) while executing a (straight) outer forearm block.
11. Maintain right walking stance while executing a (reverse) circle block to the north.
12. Pivot into left diagonal stance (facing north) while executing a (forward) reverse scooping block.
13. Pivot into a right walking stance (facing northeast) while executing a (middle) reverse punch.
- 14a. Pivot into a left walking stance (facing northwest) while executing a measured reverse hooking block to the north.
- 14b. Pivot into a straddle stance (facing north) while executing a (middle) left hand punch.
- 15a. Pivot into a right walking stance (facing northeast) while executing a measured reverse hooking block to the north.
- 15b. Pivot into a straddle stance (facing north) while executing a (middle) right hand punch.
- 16a. Step right foot rearward into a left walking stance (facing north) while executing a (low) X-block.
- 16b. Maintain left walking stance while executing a (middle) X-block to the north (with the knife-hands).
- 17a. Maintain left walking stance while pivoting hands (under opponent's wrist) and grabbing with the left hand while drawing right fist to right hip.

- 17b. Maintain left walking stance while executing a (middle) reverse punch to the north while pulling the left hand to the left hip.
- 18a. Maintain hand positions while executing a (right leg) front snap kick to the north.
- 18b. Set down into a right walking stance (facing north) while executing a (middle) reverse punch.
19. Maintain right walking stance while executing a (low) X-block to the north.
20. Maintain right walking stance while executing a (middle) X-block to the north (with the knife-hands).
- 21a. Maintain right walking stance while pivoting hands (under opponent's wrist) and grabbing with the right hand while drawing left fist to left hip.
- 21b. Maintain right walking stance while executing a (middle) reverse punch to the north while pulling the right hand to the right hip.
- 22a. Maintain hand positions while executing a (left leg) front snap kick to the north.
- 22b. Set down into a left walking stance (facing north) while executing a (middle) reverse punch.
23. Step right foot into a left L-stance (facing north) while executing a double knife-hand block.
24. Step left foot into a right L-stance (facing north) while executing a double knife-hand block.
25. Step left foot rearward into a left L-stance (facing north) while executing a double knife-hand block.
26. Step right foot rearward into a right L-stance (facing north) while executing a double knife-hand block.
27. Step right foot into a right walking stance (facing north) while executing a (straight) double forearm block.
28. Maintain right walking stance while executing a reverse low defense to the north (maintain position of right hand block).
29. Step left foot into a left walking stance (facing north) while executing a (straight) double forearm block.
30. Maintain left walking stance while executing a reverse low defense to the north (maintain position of left hand block).
31. Step right foot into a right walking stance (facing north) while executing a (middle) straight punch.
32. Half-step right foot to the west, turn counterclockwise and step left foot into a right L-stance (facing south) while executing a (high) straight ridge-hand block.
33. Draw right foot into close ready stance C (facing south).
34. Stomp right foot into a right walking stance (facing southwest) while executing a double upset punch.
35. Draw right foot to left foot then stomp left foot into a left walking stance (facing southeast) while executing a double upset punch.
36. Draw left foot to right foot then step right foot into a left L-stance (facing west) while executing a (straight) inner forearm block.
37. Maintain left L-stance while executing a (middle) reverse punch to the west.
38. Draw left foot into close ready stance (facing south) while executing a measured right crescent punch.
39. Step left foot into a right L-stance (facing east) while executing a (straight) inner forearm block.
40. Maintain right L-stance while executing a (middle) reverse punch to the east.

41. Draw right foot into close ready stance (facing south) while executing a measured left crescent punch.
42. Step left foot into a right L-stance (facing east) while executing a U-punch.
43. Draw left foot to right foot, then step right foot into a left L-stance (facing east) while executing a U-punch.
44. Step right foot into a straddle stance (facing east) while executing a right double-motion back-fist (right foot is retracted to left knee while stepping for first back-fist; second back-fist is completed in straddle stance).
45. Maintain hand positions while executing a right foot wave block (bottom of right foot at inner left knee). Set down into a straddle stance (facing east) while executing a right outer forearm block (maintain position of left hand).
46. Maintain hand positions while executing a left foot wave block (bottom of left foot at inner right knee). Set down into a straddle stance (facing east) while executing a (inward) right outer forearm block (maintain position of left hand).
47. Maintain straddle stance (facing east) while executing a (high, outward) right backhand strike to the south.
- 48a. Execute a (high, left leg) inner crescent kick to the south (striking right palm).
- 48b. Without setting down, execute a (high, left leg) side-piercing kick to the south.
- 48c. Set down into a straddle stance (facing west) while executing a (high, outward) left backhand strike to the south.
- 49a. Execute a (high, right leg) inner crescent kick to the south (striking left palm).
- 49b. Without setting down, execute a (high, right leg) side-piercing kick to the south.
- 49c. Set down into a straddle stance (facing east) while executing a right 9-block.
50. Maintain straddle stance while executing a left 9-block to the east.
51. Step left foot into a straddle stance (facing west) while executing a right 9-block.
52. Maintain straddle stance while executing a left 9-block to the west.
53. Draw right foot into a close ready stance (facing west) while executing a (high, downward) right hammer-fist strike to the north (hands start like outer forearm block).
54. Step right foot rearward into a left walking stance (facing west) while executing a (high) vertical twin-fist punch.
55. Spin counterclockwise on left foot and step right foot rearward into a left walking stance (facing east) while executing a (high) vertical twin-fist punch.
56. Step right foot across left foot, then step left foot into a right L-stance (facing northwest) while executing a double knife-hand block.
57. Step left foot across right foot, then step right foot into a left L-stance (facing northeast) while executing a double knife-hand block.

### **Move Right Foot To Paro**

Pattern Count: 57  
(Techniques: 70)

Definition: **Yoo-Sin**: The performance of this pattern exemplifies the necessity of uniting mind, body and spirit in one's journey through life.  
(4<sup>th</sup>. Degree Pattern with Blue Dot.)