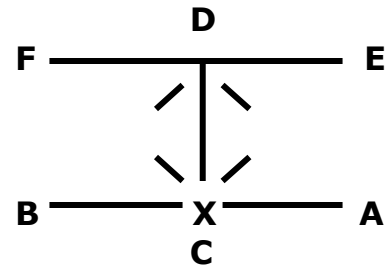


YOO-SIN: 3<sup>RD</sup> DEGREE BLACK BELT FORM

NEW STRIKES: Angle Punch, U-Shaped Punch  
NEW KICKS: Waiving Kick



READY STANCE: Warrior Ready Stance B (Left open palm covers right fist at right side)

1. Left foot steps to B into middle stance (facing D), twin horizontal elbow strikes to sides of shoulders (hands open, palms down). **KIHAP**
2. Shift middle stance to A (facing D), left angle punch to C to high section (over right shoulder).
3. Shift middle stance to B (facing D), right angle punch to C to high section (over left shoulder).

----

4. No step. Stand straight, right hooking block to high section.
5. No step. Resume middle stance, left punch to mid section.
6. No step. Stand straight, left hooking block to high section.
7. No step. Resume middle stance, right punch to mid section.

----

8. Left foot steps to BD into left front stance, left outer forearm block to high section.
9. No step. Right reverse circular inner forearm block to high section.
10. No step. Shift into middle stance to AD, left upset palm block to mid section.
11. No step. Right punch to mid section.

----

12. Left foot steps back to right foot. Right foot steps to AD into right front stance, right outer forearm block to high section.
13. No step. Left reverse circular inner forearm block to high section.
14. No step. Shift into middle stance to BD, right upset palm block to mid section.
15. No step. Left punch to mid section.

----

16. No step. Shift into left front stance to BC, right reverse hooking block (facing BD) to high section.
17. No step. Shift into middle stance to BD, left punch to mid section.
18. No step. Shift into right front stance to AD, left reverse hooking block (facing BD) to high section.
19. No step. Shift into middle stance to BD, right punch to mid section.

----

20. Right foot steps back clockwise to C into left front stance to D, X-fist block to low section.

21. No step. X-knifehand block to high section.
22. No step. Left open horizontal palm pushes right fist to right side chamber position. Right reverse punch (left palm placed on top of right elbow) to mid section.
23. Right #2 front kick.
24. Step down into right front stance, left reverse punch to mid section.

----

25. No step. X-fist block to low section.
26. No step. X-knifehand block to high section.
27. No step. Right open horizontal palm pushes left fist to left side chamber position. Left reverse punch (right palm placed on top of left elbow) to mid section.
28. Left #2 front kick.
29. Step down into left front stance, right reverse punch to mid section.

----

30. Right foot steps to D into left back stance, right double knifehand block.
31. Left foot steps to D into right back stance, left double knifehand block.
32. Left foot steps back counter clockwise to C into left back stance facing D, right double knifehand block.
33. Right foot steps back clockwise to C into right back stance facing D, left double knifehand block.

----

34. Right foot steps to D into right front stance, right double inner forearm block.
35. No step. Right inner high/low block.
36. Left foot steps to D into left front stance, left double inner forearm block.
37. No step. Left inner high/low block.

----

38. Right foot steps to D into right front stance, right punch to mid section. **KIHAP**
39. Left foot steps counter clockwise to C into right back stance, left upset ridgehand block to high section.
40. Right foot steps to left foot into closed ready stance C.
41. Right foot steps to CF into right front stance, twin upset punch to mid section.
42. Right foot steps to left foot. Left foot steps to CE into left front stance, twin upset punch to mid section.

----

43. Left foot steps to right foot. Right foot steps to F into left back stance, right inner forearm block.
44. No step. Left reverse punch to mid section.
45. Left foot steps to right foot (slow). At the same time, right horizontal punch (slow/hands chambered from opposite side).

----

46. Left foot steps to E into right back stance, left inner forearm block.
47. No step. Right reverse punch to mid section.

48. Right foot steps to left foot (slow). At the same time, left horizontal punch (slow/hands chambered from opposite side).

----

49. Left foot steps to E into right back stance, U-shape punch.

50. Left foot steps to right foot. Right foot steps to E into left back stance, U-shape punch.

51. Right foot steps back to line CD into middle stance (facing E), right vertical backfist (left fist placed under right elbow) to high section.

----

52. No step. Right waiving kick (striking side of left leg) to low section.

- No step. Right outer forearm block (left fist remains under right elbow) to AC.

53. No step. Left waiving kick (striking side of right leg) to low section.

- No step. Right crossing outer forearm block (left fist remains under right elbow) to ED.

----

54. No step. Right backhand strike to C to mid section.

55. Left #2 inner crescent kick (striking right hand) to C.

56. In continuous motion, left side kick.

----

57. Step down into middle stance (facing B), left backhand strike to C to mid section.

58. Right #2 inner crescent kick (striking left hand) to C.

59. In continuous motion, right side kick.

----

60. Step down into middle stance (facing A), right 9-shape block.

61. No step. Left 9-shape block.

62. Left foot steps clockwise to C into middle stance (facing B), right 9-shape block.

63. No step. Left 9-shape block.

64. Left foot steps into left vertical stance to D, right downward hammerfist strike (shoulder level). **KIHAP**

----

65. Right foot steps back to A into left front stance facing B, twin vertical punch to high section.

66. Turn counter clockwise (placing the right instep behind left knee) pivoting on left foot to A. Right foot steps back to B into left front stance to A, twin vertical punch to high section.

67. Right foot steps to left foot. Left foot steps to BD into right back stance, left double knifehand block.

68. Left foot steps to right foot. Right foot steps to AD into left back stance, right double knifehand block.

END: Right foot steps back to ready stance.