



West Coast Taekwondo

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2nd Degree Decided Black Belt Pattern YOO-SIN (69 movements)

Yoo-Sin is named for the Korean General Kim Yoo-Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united. The ready posture represents a sword drawn on the right rather than the left side, symbolizing Yoo-Sin's mistake of following his king's orders to fight with foreign forces against his own nation.

Ready Stance E

1	Twin Elbow Strike (Yell)	Sitting Stance
2	Left Over the Shoulder Punch	Sitting Stance
3	Right Over the Shoulder Punch	Sitting Stance
4	Right Hooking Block (Medium)	Sitting Stance
5	Left Punch Middle	Sitting Stance
6	Left Hooking Block (Medium)	Sitting Stance
7	Right Punch Middle	Sitting Stance
8	Left Outer Forearm Block	Left Front Stance
9	Right Reverse Inner Forearm Block	Left Front Stance
10	Left Palm Heel Upset Strike High	Sitting Stance
11	Right Punch Middle	Sitting Stance
12	Right Outer Forearm Block	Right Front Stance
13	Left Reverse Inner Forearm Block	Right Front Stance
14	Right Palm Upset Strike High	Sitting Stance
15	Left Punch Middle	Sitting Stance
16	Right Reverse Hooking Block (Medium)	Left Front Stance
17	Left Punch Middle	Sitting Stance
18	Left Reverse Hooking Block (Medium)	Right Front Stance
19	Right Punch Middle	Sitting Stance
20	Left X-Block Low	Left Front Stance
21	Left Knifehand X-Block High	Left Front Stance
22	Wrist Release	Left Front Stance
23	Right Reverse Punch Middle (left knifehand on top of right elbow)	Left Front Stance
24	Right #2 Front Kick	
25	Left Reverse Punch Middle	Right Front Stance
26	Right X-Block Low	Right Front Stance
27	Right Knifehand X-Block High	Right Front Stance
28	Wrist Release	Right Front Stance
29	Left Reverse Punch Middle (right knifehand on top of left elbow)	Right Front Stance
30	Left #2 Front Kick	
31	Right Reverse Punch Middle	Left Front Stance
32	Right Double Knifehand Block	Right Back Stance
33	Left Double Knifehand Block	Left Back Stance

34	Right Double Knifehand Block	Right Back Stance
35	Left Double Knifehand Block	Left Back Stance
36	Right Double Inner Forearm Block	Right Front Stance
37	Right Inner Forearm Block / Left Reverse Low Block	Right Front Stance
38	Left Double Inner Forearm Block	Left Front Stance
39	Left Inner Forearm Block / Right Reverse Low Block	Left Front Stance
40	Right Punch Middle (Yell)	Right Front Stance
41	Left Ridgehand Block High	Left Back Stance
42	Ready Stance C (Medium)	Closed Stance
43	Twin Upset Punch Middle	Right Front Stance
44	Twin Upset Punch Middle	Left Front Stance
45	Right Inner Forearm Block	Right Back Stance
46	Left Reverse Horizontal Punch	Right Back Stance
47	Right Horizontal Punch (Medium)	Closed Stance
48	Left Inner Forearm Block	Left Back Stance
49	Right Reverse Horizontal Punch	Left Back Stance
50	Left Horizontal Punch (Medium)	Closed Stance
51	Left C-Punch	Left Back Stance
52	Right C-Punch	Right Back Stance
53	Right Leg Stretch	
54	Right Outside Block (Left fist under right elbow)	Sitting Stance
55	Right Inner Leg Block / Right Outer Forearm Block	Sitting Stance
56	Left Inner Leg Block / Right Outside Block	Sitting Stance
57	Right Backhand High	Sitting Stance
58	Left Inside Crescent Kick (To right palm) / Left Side Kick	
59	Left Backhand High	Sitting Stance
60	Right Inside Crescent Kick (To left palm) / Right Side Kick	
61	Right 9 Block	Sitting Stance
62	Left 9 Block	Sitting Stance
63	Right 9 Block	Sitting Stance
64	Left 9 Block	Sitting Stance
65	Right Hammerfist High (Yell)	Closed Stance
66	Twin Punch High	Left Front Stance
67	Twin Punch High	Left Front Stance
68	Left Double Knifehand Block	Left Back Stance
69	Right Double Knifehand Block	Right Back Stance