



## 3<sup>rd</sup> Dan Theory

### Yoo-Sin 68 Moves

Yoo-Sin is named after General Kim Yoo-Sin a commanding General during the Silla Dynasty. The 68 movements refer to the last 2 digits of 668 A.D the year Korean was united. The ready posture signifies a sword drawn from the right rather than the left side to symbolise Yoo-Sin's mistake of following his Kings orders to fight with foreign forces against his own people.

Warrior ready stance	MOOSA CHUNBI SOGI
Horizontal back hand strike	SOOPYONG SONDUNG TAERIGI
Inwards crescent kick	ANURO BANDAL CHAGI

*Kim Yoo-Sin was a Hwa Rang General (KUKSON) who commanded the Silla forces at the age of 34, and launched a number of campaigns that resulted in the Unification of Korea for the first time in 668 A.D. He was the Grandson of both Silla and Kaya Kings, there are many stories about him and he achieved a legendary, almost mystical reputation in his life. Yoo- Sin joined forces with the Chinese Tang and with his army of 50,000 destroyed the 5,000 soldiers of General Gae Baek to bring the Baek-Je Dynasty to an end and unify Korea for the first time under one King, Moon Moo.*

*Legend has it that during an argument with a Chinese General, Yoo-Sin's sword leaped by itself from its scabbard into Yoo-Sin's hand. It was believed that his sword was a gift from the Gods with the power to unify Korea. (much like Excalibur, the legendary magical sword of King Arthur). Yoo-Sin died at the age of 79 leaving 5 Hwa-Rang sons. After his death he was crowned as a King and received a Kings burial.*

The code of the Hwa-Rang:

Loyalty to King (Instructor and fellow students)

Obedience to Parents (Respect)

Trust amongst Friends ( Loyalty to each other, to always keep ones promise)

Never retreat in Battle ( Indomitable spirit, Courage, standing up for ones beliefs)

Justice in Killing ( To show Compassion wherever possible, to respect all life)