

YUN BEE

This form has 36 moves, including the starting and finishing positions, and it takes 30 seconds. The starting position is one the Black Belt has not yet encountered. It is shown in Figure YB 1 (note that the left hand is open). The second position is a right lower punch in a left front stance 90 degrees to the left (Figures YB 1-2 and YB 2, and Diagram YB 1-2). Position 3 is achieved by turning the left foot forward and drawing the right foot back into a front horse stance (Diagram YB 2-3), turning the body so it faces the original direction and placing the fists on the left hip with the left fist on the bottom, fingers up, and the right fist on the top, fingers in (Figure YB 3). Without moving the feet, the head is turned to the right and a right lower side block is made with the right fist (Figure YB 4). This is immediately followed by a left punch across the body to the right (Figure YB 5). The left foot is then advanced into a left front stance (Diagram YB 5-6), and a left lower block is made (Figures YB 5-6 and YB 6). With the feet in the same position, a right upper reverse punch is made (Figures YB 7 and YB 7 side).

The Tae Kwon Doist then jumps straight ahead about 48 inches, landing on the right foot, which has advanced directly forward while the left foot has been brought around behind the right (Diagram YB 7-8). As he lands, he makes a left lower punch and carries the right arm across the upper left arm (Figure YB 8). He then steps back with the left foot into a right front stance, facing in the same direction (Diagram YB 8-9) and makes a right lower block (Figure YB 9). Next he makes a 180 degree left turn on the right foot (Diagram YB 9-10), into a left lower block (Figures YB 10 and YB 10 side), followed by a right upper reverse punch without moving the feet (Diagram YB 11 and Figure YB 11). He

then repeats the jump, the step back into a right front stance with a right lower block and the 180 degree turn into a left front stance and left lower block (Diagrams YB 11-12, YB 12-13, and YB 13-14, and Figures YB 12, YB 13, and YB 14). This time he steps back with the left foot (Diagram YB 14-15) and does a left knife hand block 45 degrees to his left while the right fist remains on his right hip (Figures YB 14-15 and YB 15). With the right fist he then hits the left open hand in front of his chest (Figures YB 15-16a), while he does a sweep with the right foot coming down in a horse stance (Diagram 15-16). As the right foot returns to the floor, he does a knife hand attack directly to the front (Figures YB 15-16 b and c). This is followed immediately by right, left, and right middle target punches (Figures 15-16 d, e, and YB 16). These five moves are done as a single unit and very fast.

The Tae Kwon Doist then turns 90 degrees to his left into a left front stance (Diagram YB 16-17) with a left lower block (Figure YB 17), followed quickly by a right upper reverse punch (Figure YB 18) with his feet in the same position (Diagram YB 18). He then advances into a right back stance (Diagram YB 18-19) with a knife hand block (Figure YB 19). He then advances to a left back stance (Diagram YB 19-20) with a left knife hand block (Figure YB 20). Moving his feet only to change from a back to a front stance (Diagram YB 20-21), he executes a right upper reverse punch (Figure YB 21), after which he advances to another back stance (Diagram YB 21-22), and a right knife hand block (Figure YB 22). Next he makes a 180 degree turn to the left into a left front stance (Diagram 22-23) with a left lower block (Figure YB 23). The next four movements are the same as for his previous two jumps, right reverse upper punch, jump, lower block, 180 degree turn (Figures YB 24, YB 25, YB 26, and YB 27, and Diagrams

YB 23-24, YB 24-25, YB 25-26, and YB 26-27).

The Tae Kwon Doist is then facing 90 degrees to the left of his original position. Without moving his feet (Diagram YB 28), he extends his right arm to the rear (Figure YB 27-28) and brings it to the front in an upper thrust while the left hand is brought to the left hip (Figure YB 28). Both hands are bent so they are parallel to the floor and palm up, with the fingers partially curled (Figure YB 28). A 90 degree turn is made to the right on the left foot (Diagram YB 28-29). The right arm is extended up and the left down (Figure YB 28-29). They are then brought to a downward and an upward thrust respectively (Figure YB 29). Two more steps are taken forward and the double thrust is repeated first on the left side and then on the right (Diagrams YB 29-30 and YB 30-31, and Figures YB 29-30, YB 30, YB 30-31, and YB 31).

From Position YB 31, the Tae Kwon Doist steps into a right back stance (Diagram YB 31-32) and does a right lower side block (Figures YB 31-32, YB 32, and YB 32 side). He then turns into a right front stance and does a double forward thrust with the right hand vertical below and the left hand horizontal above (Figure YB 33).

The next move is a 360 degree left turn in the air while jumping back about four feet toward the point of origin, landing in a right back stance with a right knife hand block (Diagram YB 33-34 and Figures YB 33-34 and YB 34). A loud "Utz" is given while in the air. Then a step back is taken to a left back stance with a left knife hand block (Diagram YB 34-35, Figure YB 35). The left foot is then withdrawn and the Tae Kwon Doist returns to the original position, YB 36.

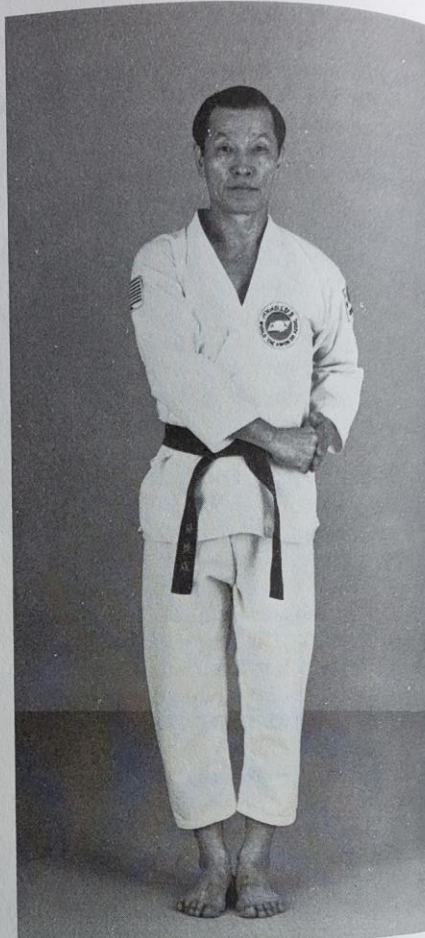
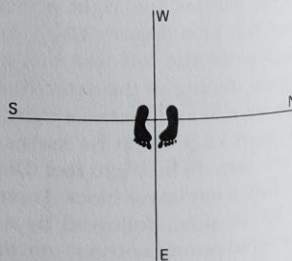


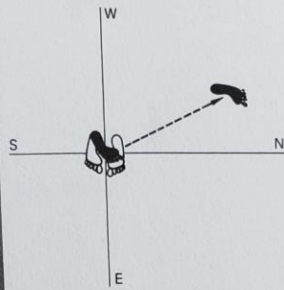
Fig. YB 1



Diag. YB 1



Fig. YB 1-2



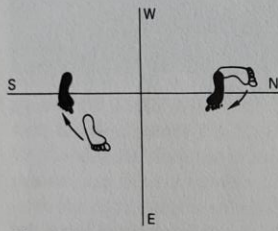
Diag. YB 1-2



Fig. YB 2



Fig. YB 3



Diag. YB 2-3

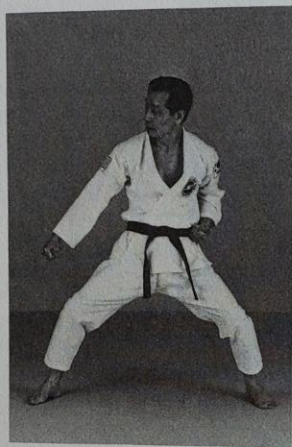


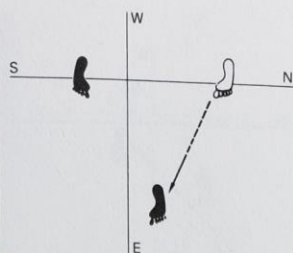
Fig. YB 4



Fig. YB 5



Fig. YB 5-6



Diag. YB 5-6

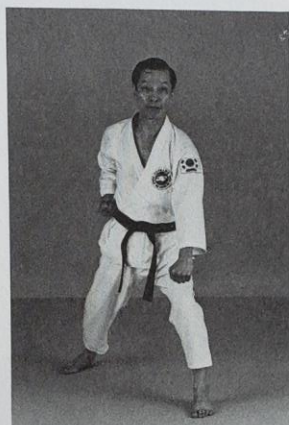


Fig. YB 6



Fig. YB 7(side)

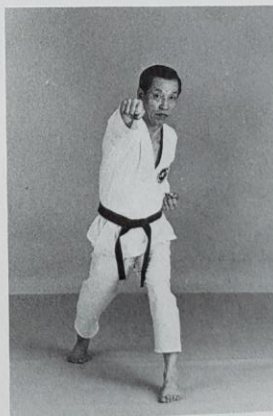


Fig. YB 7

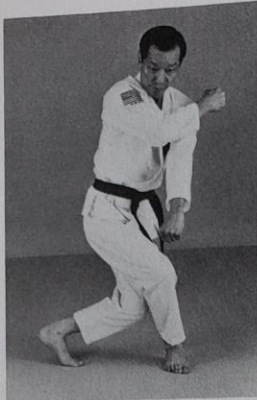
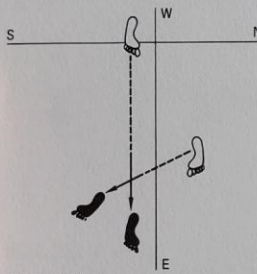


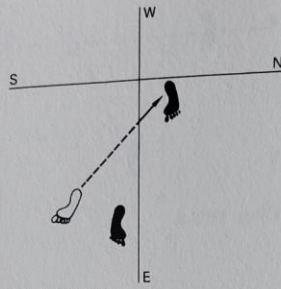
Fig. YB 8



Diag. YB 7-8



62 Fig. YB 10 (side)



Diag. YB 8-9

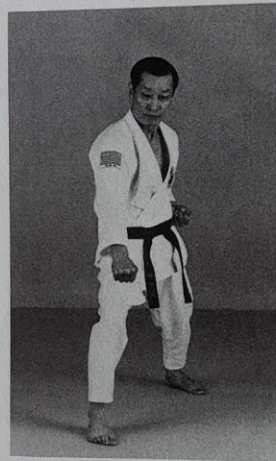
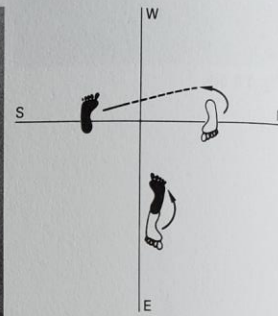


Fig. YB 9



Diag. YB 9-10

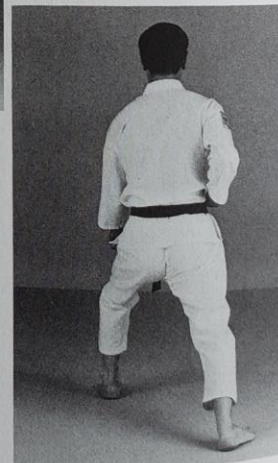


Fig. YB 10

(continued from front flap)

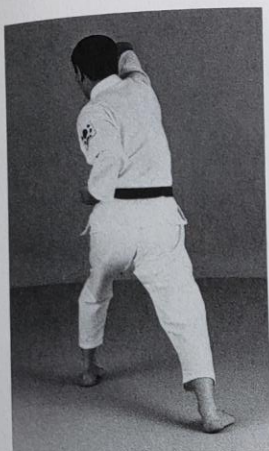
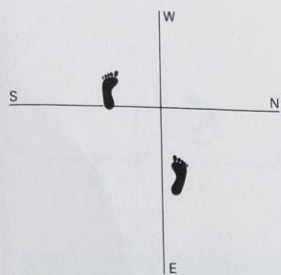
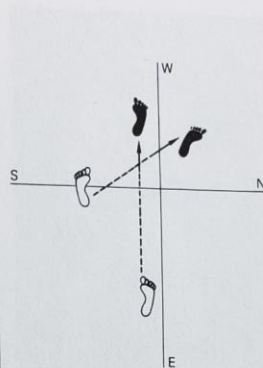


Fig. YB 11



Diag. YB 11



Diag. YB 11-12

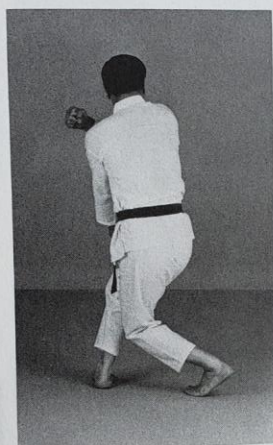
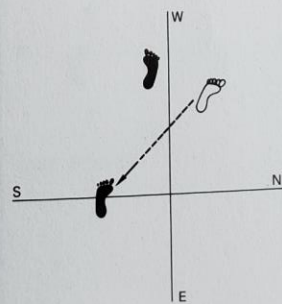


Fig. YB 12



Diag. YB 12-13

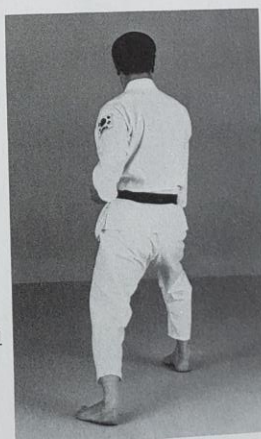


Fig. YB 13

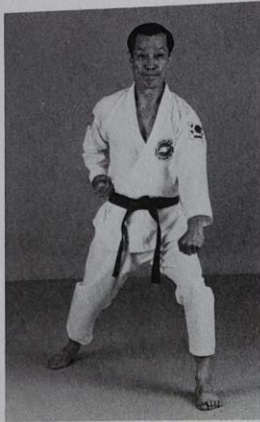
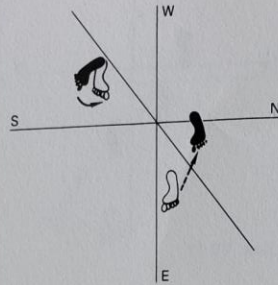
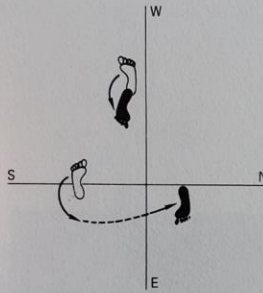


Fig. YB 14



Diag. YB 14-15



Diag. YB 13-14

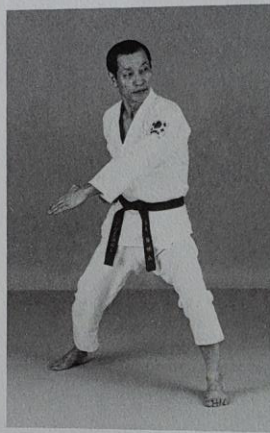


Fig. YB 14-15



Fig. YB 15

(continued from front flap)



Fig. YB 15-16a

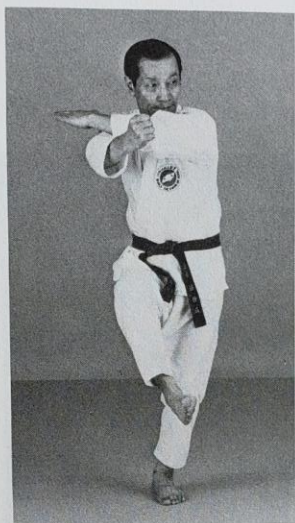
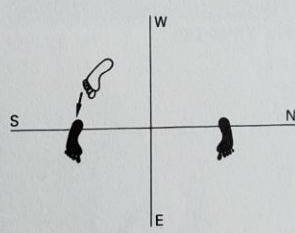


Fig. YB 15-16b



Diag. YB 15-16



Fig. YB 15-16c



Fig. YB 15-16d

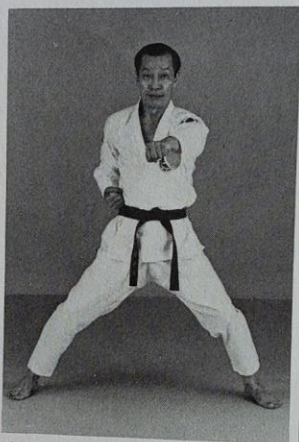


Fig. YB 15-16e

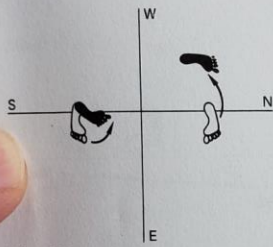


Fig. YB 16

(continued from front flap)



Fig. YB 17



Diag. YB 16-17

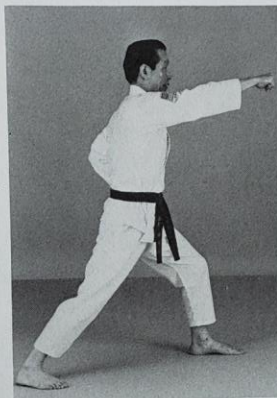
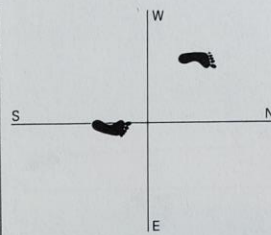
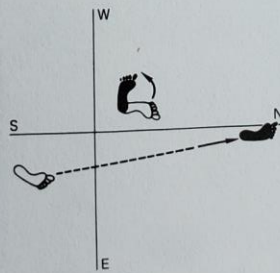


Fig. YB 18



Diag. YB 18



Diag. YB 18-19

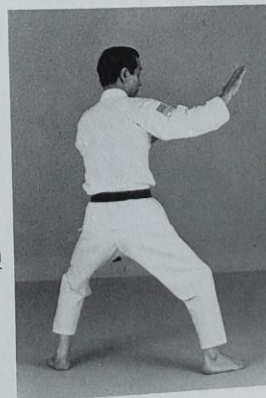
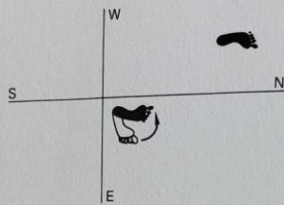


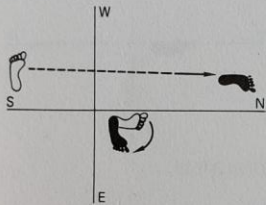
Fig. YB 19



Fig. YB 20



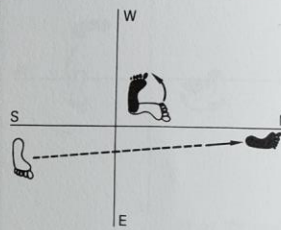
Diag. YB 20-21



Diag. YB 19-20



Fig. YB 21

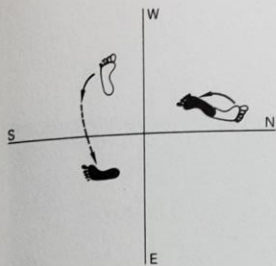


Diag. YB 21-22

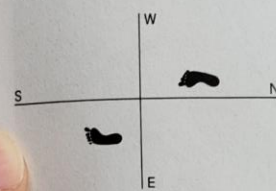


Fig. YB 22

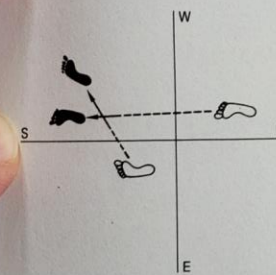
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Diag. YB 22-23



Diag. YB 23-24



Diag. YB 24-25

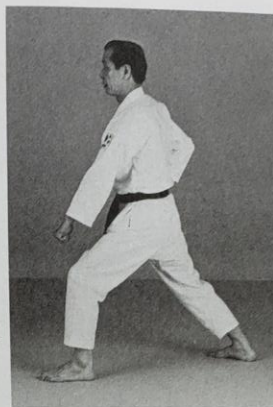


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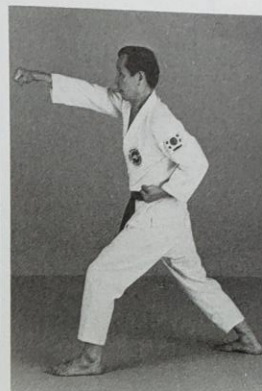


Fig. YB 24

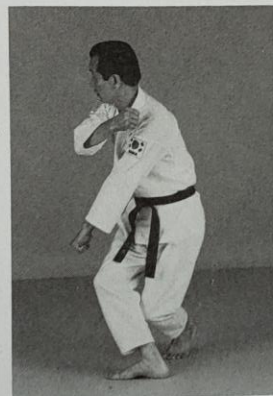
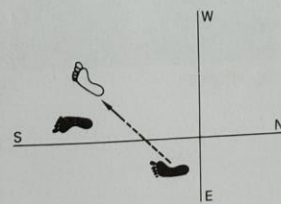


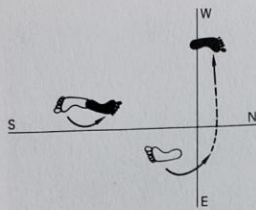
Fig. YB 25



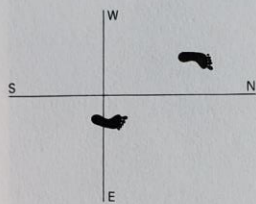
Fig. YB 26



Diag. YB 25-26



Diag. YB 26-27



Diag. YB 28

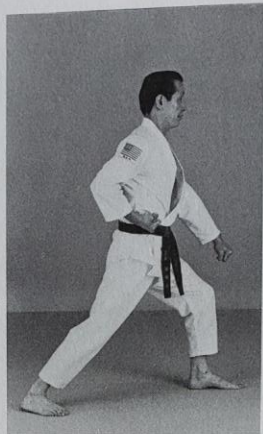


Fig. YB 27



Fig. YB 27-28



Fig. YB 28

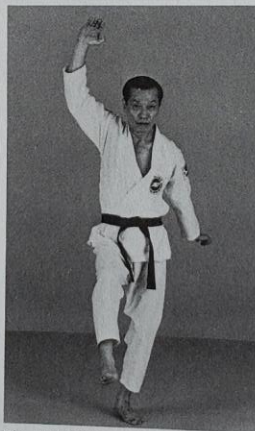


Fig. YB 28-29

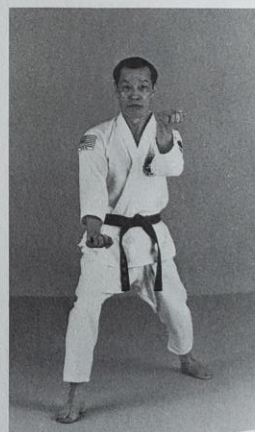
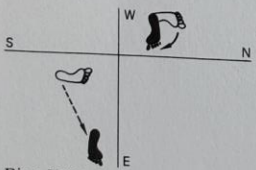
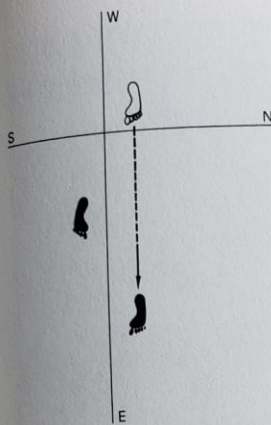


Fig. YB 29



70 Diag. YB 28-29

(continued from front flap)



Diag. YB 29-30



Fig. YB 29-30

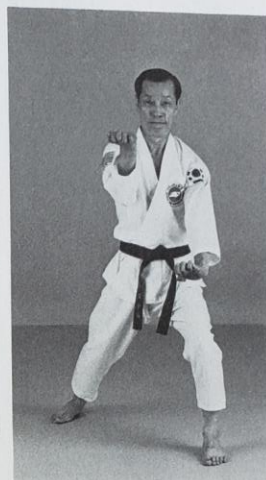
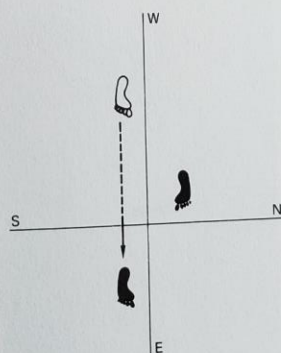


Fig. YB 30



Fig. YB 30-31



Diag. YB 30-31

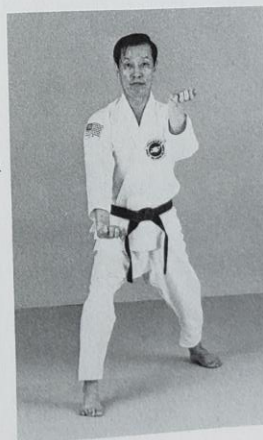


Fig. YB 31

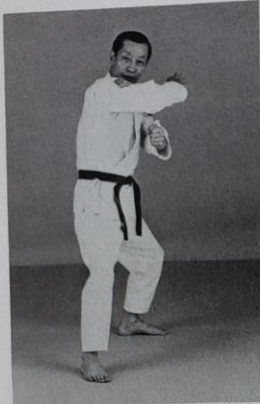


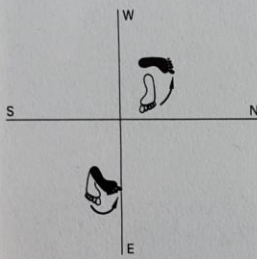
Fig. YB 31-32



Fig. YB 32



Fig. YB 32 (side)



Diag. YB 31-32



Fig. YB 33

(continued from front flap)

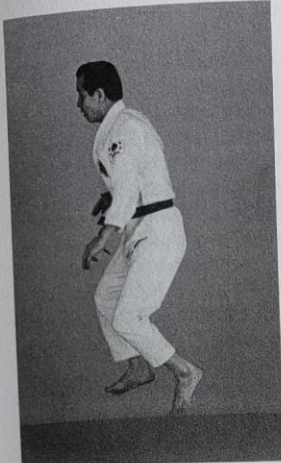
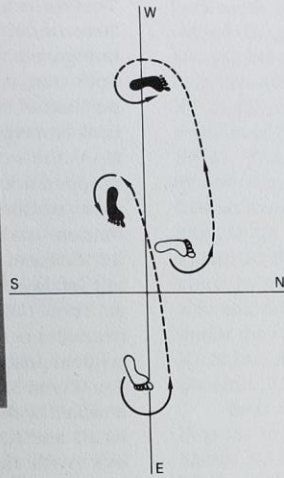


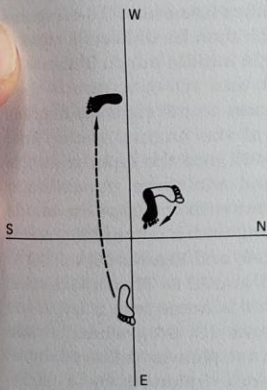
Fig. YB 33-34



Diag. YB 33-34



Fig. YB 34



Diag. YB 34-35



Fig. YB 35

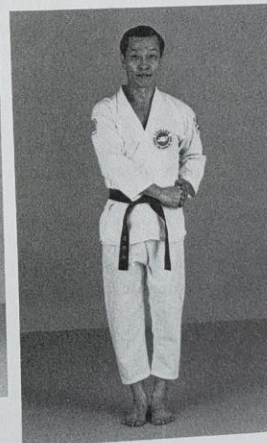


Fig. YB 36