

Techniques	#									
<b>WHITE</b>										
Backfist Strike	8	slide up	step in	raise	strike out	back	fist on belt	slide back	step back	
Side Kick	7	slide up	raise	kick out	back	step down	step back	slide back		
Roundhouse	7	slide up	raise	kick out	back	step down	step back	slide back		
Protecting head	3	step back	bend over	raise shoulder						
Punch	8	slide up	step in	dbl cover	pivot	punch out	back	slide back	step back	
<b>YELLOW</b>										
Knife Hand	8	slide up	step in	raise	strike out	back	fist on belt	slide back	step back	
Front Kick	6	turn foot	pivot	raise	kick out	back	step back			
Check low	5	slide back	raise hand	block down	back	step forward				
Back Ridge Hand	6	slide up	step in	dbl cover	pivot	strike out	back			
<b>ORANGE</b>										
Front Ridge Hand	7	slide up	step in	raise	pivot/hit	fight.stance	slide back	step back		
Hook Kick	8	step up	slide up	raise	kick out	hook	step down	step back	slide back	
Body block	2	roll arms	touch elbows							
Hook/Round Kick	9	step up	slide up	raise	kick out	hook	roundhouse	step down	step back	slide back
<b>GREEN</b>										
Spinning Back Kick	8	pivot	drop hands	bend over	raise	look	kick out	back	step back	
Spinning Side Kick	6	pivot	spin	raise	kick out	kick back	step back			
Check high	2	lean back	check high							
Jump Front Kick	7	turn foot	pivot	raise	jump kick	fight.stance	slide back	step back		
<b>BLUE</b>										
Jab	6	slide up	step in	jab out	back	step back	slide back			
Jump Side Kick	6	slide up	bend knee's	jump/kick	fight.stance	slide back	step back			
Jump Hook Kick	6	slide up	bend knee's	jump/kick	fight.stance	slide back	step back			
Back leg Crescent Kick	7	raise hand	turn foot	pivot	kick	step down	step back	raise hand		
<b>ADV. BLUE</b>										
Hook Punch	7	slide up	step in	cock arm	pivot/punch	fight.stance	slide back	step back		
Spinning Backfist strike	7	double cover	spin	raise elbow	strike out	back	elbow down	spin back		
Front leg front kick	5	slide up	raise	kick	step down	step back				
Stepping side kick	8	step	slide up	raise	kick out	back	step down	step back	slide back	

Austin Society of Karate Techniques Chart

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<b>1ST PURPLE</b>										
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Back Leg Rev, Crescent Kick	6	pivot	stick out hand	double cover	raise	kick	step back			
Lead Reverse	6	slide up	point toes at 45	hand out	raise	kick	step back			
Stepping roundhouse	8	step	slide up	raise	kick out	back	step down	step back	slide back	
Counter side kick	6	step back	raise	kick out	back	step down	slide up			
<b>ADV. 1ST PURPLE</b>										
Upper cut	7	slide up	step out	pivot	upper cut	fight.stance	slide back	step back		
Inside Roundhouse	5	slide up	point toes at 45	raise	kick	step down	step back			
Parry	3	slide back	parry	step back						
Back Roundhouse	6	turn foot	pivot	raise	turn kick	step down	step back			
<b>2ND PURPLE</b>										
Spin Roundhouse	6	pivot	switch cover	spin raise	kick out	back	step back			
Stepping hook kick	7	step	slide up	raise	kick	step down	step back	slide back		
Sliding side kick	6	feet together	raise	slide/kick	step down	step back	slide back			
Back leg side kick	6	turn foot	pivot	raise	turn kick	step down	step back			
<b>ADV. 2ND PURPLE</b>										
Spin Rev.Crescent	3	pivot	spin raise	kick						
Horse stance	4	step out	bend knees	double block	fist on belt					
Sliding round kick	6	feet together	raise	slide/kick	step down	step back	slide back			
Back leg hook kick	6	turn foot	pivot	raise	turn kick	step down	step back			
<b>3RD PURPLE</b>										
Jump Spin reverse Crescent	3	slide up	bend knees	jump spin kick						
Turn Jump Crescent	6	pivot	spin raise	jump kick	fight stance	slide back	step back			
Sliding hook kick	6	feet together	raise	slide/kick	step down	step back	slide back			
Counter roundhouse kick	6	step back	raise	kick out	back	step down	slide up			
<b>ADV. 3RD PURPLE</b>										
Forward stance down block	6	slide up	chamber	step back	slide over	block	return			
Spinning Hook Kick	6	pivot	switch cover	spin/raise	kick out	step down	spin back			
Flying Side Kick	5	step	pivot	jump/kick	fight.stance	step back				
Counter hook kick	6	step back	raise	kick out	back	step down	slide up			

<b>1ST RED</b>		#								
Back stance Backfist block	<b>5</b>	slide up	cross arms	step back	block	return				
Forward stance high block	<b>6</b>	slide up	turn fist	step back	slide over	block	return			
Back stance knife hand block	<b>5</b>	slide up	step back	chamber	block	return				
Forward stance D/B 1,2,3 punch	<b>8</b>	slide up	chamber	step back	slide over	block	punch 1,2,3	lunge punch	return	
<b>2ND RED</b>										
Rear Defense stance	<b>5</b>	slide up	step back	chamber	double block	return				
Back stance inside block	<b>5</b>	slide up	chamber	step back	block	return				
Jump spin back kick	<b>3</b>	slide up	jump/spin	kick						
Forward stance outside block	<b>6</b>	slide up	chamber	step back	slide over	block	return			
<b>3RD RED</b>										
Cat stance inside block	<b>5</b>	step back	slide back	chamber	block	return				
Crane stance high/low block	<b>5</b>	step back	raise foot	chamber	block	return				
Jump Back Roundhouse Kick	<b>3</b>	bend knees	jump	turn kick						
Forward stance inverted knife	<b>6</b>	slide up	chamber	step back	slide over	block/strike	return			