



DEVYANI JAIPURIA  
**SPORTS**  
*academy*



powered by  
**DA ONE**  
**SPORTS**  
A Shikhar Dhawan Initiative

**PRADYUMNA MINHAS**

**TOTAL SCORE: 64/90**

**Sports Arena :** DPS international

**Grade :** 1A

**Sports :** Taekwondo

**01 PSYCHOLOGICAL FACTOR**

Tasks	Remarks	Rating
Play with confidence	Foundational Understanding	★★
Good decision making	Competent	★★★
Focused	Proficient	★★★★★
Enthusiastic	Competent	★★★★
Committed	Mastery	★★★★★★
Disciplined	Mastery	★★★★★★



**02 Basic Stances**

Criteria	Benchmark	Remark	Rating
Mastery of foundational stances.	Demonstrates 3 basic stances with proper foot placement.	Foundational Understanding	★★



### 03 Punching Techniques



Criteria	Benchmark	Remark	Rating
Proper execution of basic punches.	Executes a clean straight punch and a reverse punch.	Competent	★★★

### 04 Kicking Techniques



Criteria	Benchmark	Remark	Rating
Mastery of foundational kicks.	Performs front kick and side kick with balance.	Proficient	★★★★

### 05 Basic Blocks



Criteria	Benchmark	Remark	Rating
Defense against punches and kicks.	Demonstrates inside outside block and low block.	Competent	★★★

### 06 Flexibility



Criteria	Benchmark	Remark	Rating
Stretching and range of motion.	Performs a basic leg stretch reaching toes.	Competent	★★★

### 07 Strength



Criteria	Benchmark	Remark	Rating
Physical power for techniques.	Performs 5 push-ups without strain.	Proficient	★★★★

**08 Endurance**

Criteria	Benchmark	Remark	Rating
Stamina for prolonged training.	Participates in a 15- minute continuous training session.	Proficient	★★★★

**09 Balance**

Criteria	Benchmark	Remark	Rating
Maintaining stability during techniques.	Holds one-leg stance for 15 seconds.	Proficient	★★★★

**10 Respect**

Criteria	Benchmark	Remark	Rating
Etiquette towards instructors & peers.	Bows correctly, uses polite language.	Mastery	★★★★★

**11 Concentration**

Criteria	Benchmark	Remark	Rating
Focus during training sessions.	Follows instructions and remains attentive.	Proficient	★★★★

**12 Discipline**

Criteria	Benchmark	Remark	Rating

Adherence to rules & training regimen.

Attends regular classes, practices at home.

Proficient



### 13 Confidence

Criteria	Benchmark	Remark	Rating
Willingness to try new techniques.	Volunteers for demonstrations, asks questions.	Foundational Understanding	★ ★



Level

2nd

Coach Notes

He is good at sports

## Proposed plan for the next three months:

### Month 1:

- Focus on improving basic stances
- Practice punching techniques
- Work on kicking techniques
- Train basic blocks
- Enhance flexibility
- Build strength and endurance
- Improve balance
- Emphasize respect, concentration, discipline
- Boost confidence through drills and exercises

### Month 2:

- Continue refining basic stances
- Advance punching techniques
- Master kicking techniques
- Enhance basic blocks
- Focus on improving flexibility
- Strengthen endurance
- Work on maintaining balance while executing techniques
- Continue emphasizing respect, concentration, discipline
- Implement confidence-building exercises and drills

### Month 3:

- Perfect basic stances
- Master advanced punching techniques
- Excel in advanced kicking techniques
- Polish basic blocks
- Achieve exceptional flexibility
- Further strengthen endurance
- Show excellent balance in executing techniques
- Instill respect, concentration, discipline as core values
- Build confidence through challenging drills and sparring