



DEVYANI JAIPURIA
SPORTS
academy



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DAONE
SPORTS
A Shikhar Dhawan Initiative

SHRADDHA

TOTAL SCORE: 70/90

Sports Arena : DPS international

Grade : 1A

Sports : Taekwondo

01 PSYCHOLOGICAL FACTOR

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



02 Basic Stances

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



03 Punching Techniques



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

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.	Proficient	★★★★

06 Flexibility



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

07 Strength



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

08 **Endurance**

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



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.	Foundational Understanding	★ ★



11 **Concentration**

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



12 **Discipline**

Criteria	Benchmark	Remark	Rating



Adherence to rules & training regimen.

Attends regular classes, practices at home.

Competent



13 Confidence

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



Level	2nd
Coach Notes	She will go a long way in the game

Proposed plan for the next three months:

Month 1:

- Focus on improving basic stances (3/5)
- Work on punching techniques (4/5)
- Enhance kicking techniques (4/5)
- Practice basic blocks (4/5)
- Strengthen flexibility (5/5)
- Build strength (5/5)
- Improve balance (4/5)
- Develop concentration (5/5)
- Work on discipline (3/5)
- Boost confidence (4/5)

Month 2:

- Continue refining basic stances (3/5)
- Master punching techniques (4/5)
- Master kicking techniques (4/5)
- Improve speed and accuracy of basic blocks (4/5)
- Maintain flexibility (5/5)
- Continue building strength (5/5)
- Enhance balance (4/5)
- Strengthen concentration (5/5)
- Work on discipline (3/5)
- Boost confidence (4/5)

Month 3:

- Master and perfect basic stances (3/5)
- Master and perfect punching techniques (4/5)
- Master and perfect kicking techniques (4/5)
- Master and perfect basic blocks (4/5)
- Maintain and improve flexibility (5/5)
- Continue building strength (5/5)
- Enhance balance (4/5)
- Strengthen concentration (5/5)
- Work on discipline (3/5)
- Boost confidence (4/5)