



DEVYANI JAIPURIA  
SPORTS  
academy



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

**KYRA BAGHEL**

**TOTAL SCORE: 52/90**

Sports Arena : DPS international

Grade : 1B

Sports : Taekwondo

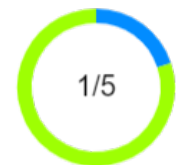
**01 PSYCHOLOGICAL FACTOR**

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



**02 Basic Stances**

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



### 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.	Foundational Understanding	★★

### 05 Basic Blocks



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

### 06 Flexibility



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

### 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.	Emerging Awareness	★

**09 Balance**

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

**10 Respect**

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

**11 Concentration**

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

**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.	Proficient	★★★★



Level

3rd

Coach Notes

She is good at Taekwondo

## Proposed plan for the next three months:

### Month 1:

- Focus on improving basic stances
- Work on punching techniques
- Practice kicking techniques
- Introduce basic blocks
- Begin flexibility training
- Strengthening exercises for strength
- Work on improving endurance
- Reinforce balance training
- Emphasize respect and concentration
- Enforce discipline
- Boost confidence

### Month 2:

- Continued practice of basic stances
- Refine punching techniques
- Advance kicking techniques
- Progress in basic blocks
- Further flexibility training
- Continued strengthening exercises
- Increase endurance training
- Maintain balance training
- Continue promoting respect and concentration
- Reinforce discipline
- Enhance confidence

### Month 3:

- Master basic stances
- Perfect punching techniques
- Master advanced kicking techniques
- Master basic blocks
- Focus on maintaining flexibility
- Further strengthen the body
- Improve endurance
- Challenge balance training
- Continued emphasis on respect and concentration
- Consolidate discipline
- Boost confidence to a higher level