



DEVYANI JAIPURIA
SPORTS
academy



powered by
DA ONE
SPORTS
A Shikhar Dhawan Initiative

ZOYA RENGANATH

TOTAL SCORE: 44/90

Sports Arena : DPS international

Grade : 1B

Sports : Taekwondo

01 PSYCHOLOGICAL FACTOR

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



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



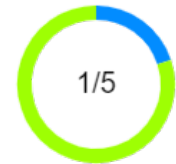
Criteria	Benchmark	Remark	Rating
Mastery of foundational kicks.	Performs front kick and side kick with balance.	Emerging Awareness	★

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.	Emerging Awareness	★

07 Strength



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

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.	Foundational Understanding	★★



10 Respect

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



11 Concentration

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



12 Discipline

Criteria	Benchmark	Remark	Rating
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Adherence to rules & training regimen.

Attends regular classes, practices at home.

Emerging Awareness



13 Confidence

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



Level

3rd

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 (2/5)
- Work on punching techniques (3/5)
- Enhance basic blocks (4/5)
- Increase respect and concentration (4/5)
- Build confidence (4/5)

Month 2:

- Continue improving basic stances (2/5)
- Focus on kicking techniques (1/5)
- Increase strength (3/5)
- Work on endurance (1/5)
- Enhance balance (2/5)
- Develop discipline (1/5)

Month 3:

- Further improve basic stances (2/5)
- Continue refining punching techniques (3/5)
- Enhance flexibility (1/5)
- Focus on strength (3/5)
- Improve balance (2/5)
- Develop discipline (1/5)
- Increase respect and concentration (4/5)
- Build confidence (4/5)