



DEVYANI JAIPURIA  
SPORTS  
academy



powered by  
**DAONE**  
SPORTS  
A Shikhar Dhawan Initiative

## REHET

TOTAL SCORE: 61/90

Sports Arena : DPS international

Grade : 2B

Sports : Taekwondo

### 01 PSYCHOLOGICAL FACTOR

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



### 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



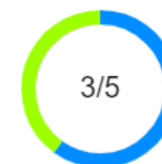
| Criteria                       | Benchmark                                       | Remark    | Rating |
|--------------------------------|---|-----------|--------|
| Mastery of foundational kicks. | Performs front kick and side kick with balance. | Competent | ★★★    |

### 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. | 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. | Competent | ★ ★ ★  |



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. | Foundational Understanding | ★ ★    |



11 Concentration

| Criteria                        | Benchmark                                   | Remark                     | Rating |
|---------------------------------|---|----------------------------|--------|
| Focus during training sessions. | Follows instructions and remains attentive. | Foundational Understanding | ★ ★    |



12 Discipline

| Criteria | Benchmark | Remark | Rating |
|----------|-----------|--------|--------|
|----------|-----------|--------|--------|



Adherence to rules & training regimen.

Attends regular classes, practices at home.

Mastery



### 13 Confidence

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



|                    |                          |
|--------------------|--------------------------|
| <b>Level</b>       | 2nd                      |
| <b>Coach Notes</b> | She is good at Taekwondo |

## Proposed plan for the next three months:

### Month 1:

- Focus on improving basic stances
- Practice punching techniques to enhance accuracy
- Work on developing kicking techniques
- Introduce basic blocks and improve proficiency
- Incorporate flexibility exercises to increase range of motion
- Strengthen muscles through targeted exercises
- Improve endurance through conditioning drills
- Reinforce balance techniques
- Emphasize discipline and respect
- Work on concentration skills
- Foster self-confidence

### Month 3:

- Consolidate and perfect basic stances and techniques
- Master punching techniques with precision and speed
- Perfect kicking techniques through advanced drills

### Month 2:

- Continue refining basic stances and techniques
- Focus on improving punching techniques
- Enhance kicking techniques through targeted drills
- Build upon basic blocks and introduce advanced variations
- Progress flexibility exercises to improve overall mobility
- Further strengthen muscles through challenging workouts
- Increase endurance through intense conditioning exercises
- Maintain and improve balance techniques
- Reinforce discipline and respect values
- Work on enhancing concentration skills
- Boost self-confidence through positive reinforcement

Master advanced blocking techniques

Focus on maintaining and improving flexibility

Continue building strength with challenging exercises

Enhance endurance through demanding conditioning workouts

Maintain and improve balance techniques

Reinforce discipline and respect values

Strengthen concentration skills through focused training

Foster unwavering self-confidence