



DEVYANI JAIPURIA
SPORTS
academy



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DA ONE
SPORTS
A Shikhar Dhawan Initiative

ARYA JAIN

TOTAL SCORE: 63/90

Sports Arena : DPS international

Grade : 3A

Sports : Taekwondo

01 PSYCHOLOGICAL FACTOR

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



02 Basic Stances

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



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.	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.	Competent	★★★



08 Endurance



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

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
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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.	Foundational Understanding	★ ★



Level

2nd

Coach Notes

He is good at Taekwondo

Proposed plan for the next three months:

Month 1:

- Focus on improving flexibility through stretching exercises
- Work on basic stances, emphasizing correct form and posture
- Practice punching techniques, focusing on precision and power
- Introduce and practice basic blocks to enhance defensive skills
- Work on balance exercises to improve stability
- Emphasize the importance of respect and discipline in Taekwondo
- Encourage concentration and focus during training sessions

Month 3:

- Continue to maintain and improve flexibility through regular stretching
- Focus on advanced kicking techniques, including spinning and jumping kicks
- Practice speed and accuracy in executing punching combinations
- Improve defensive skills by introducing more complex blocking techniques
- Enhance balance through challenging exercises and drills
- Encourage students to demonstrate respect towards fellow practitioners
- Emphasize the importance of discipline in both training and everyday life

Month 2:

- Continue improving flexibility through dynamic stretches
- Focus on refining kicking techniques, working on height and accuracy
- Practice combinations of punches and kicks for effective offensive strategies
- Further develop basic blocks, incorporating them into sparring drills
- Strengthen endurance through cardio exercises and longer training sessions
- Work on enhancing strength through resistance training
- Promote confidence by setting achievable goals and acknowledging progress

