



DEVYANI JAIPURIA
SPORTS
academy



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DAONE
SPORTS
A Shikhar Dhawan Initiative

RIHAAN HISSARIA

TOTAL SCORE: 60/90

Sports Arena : DPS international

Grade : 3B

Sports : Taekwondo

01 PSYCHOLOGICAL FACTOR

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



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.	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.	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.	Competent	★ ★ ★

**09 Balance**

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

**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.	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.	Competent	★ ★ ★



Level

2nd

Coach Notes

He is good at Taekwondo

Proposed plan for the next three months:

Month 1:

- Focus on improving basic stances (2/5)
- Work on enhancing punching techniques (3/5)
- Develop kicking techniques (4/5)
- Master basic blocks (4/5)
- Increase flexibility (3/5)
- Build strength (3/5)
- Improve endurance (3/5)
- Enhance balance (3/5)
- Emphasize respect (5/5)
- Enhance concentration (3/5)
- Develop discipline (4/5)
- Build confidence (3/5)

Month 2:

- Reinforce basic stances (2/5)
- Refine punching techniques (3/5)
- Advance kicking techniques (4/5)
- Master more complex blocks (4/5)
- Improve flexibility (3/5)
- Strengthen muscles for better performance (3/5)
- Enhance endurance (3/5)
- Improve balance through targeted exercises (3/5)
- Continue emphasizing respect (5/5)
- Develop stronger concentration skills (3/5)
- Strengthen discipline (4/5)
- Build confidence through challenging drills (3/5)

Month 3:

- Perfect basic stances (2/5)
- Master precise punching techniques (3/5)
- Achieve high proficiency in kicking techniques (4/5)
- Master advanced blocks (4/5)
- Enhance flexibility to maximize performance (3/5)
- Reach higher strength levels (3/5)
- Improve endurance for sustained performance (3/5)
- Attain excellent balance through targeted training (3/5)
- Continue fostering respect (5/5)
- Enhance concentration and focus (3/5)
- Consolidate discipline (4/5)
- Build unwavering confidence (3/5)