



DEVYANI JAIPURIA
SPORTS
academy



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DA ONE
SPORTS
A Shikhar Dhawan Initiative

AYAAN SHRIMALI

TOTAL SCORE: 61/100

Sports Arena : DPS international

Grade : 5B

Sports : Taekwondo

01 PSYCHOLOGICAL FACTOR

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



02 Advanced Stances

Criteria	Benchmark	Remark	Rating
Mastery of advanced stances.	Demonstrates 5 advanced stances with proper positioning.	Foundational Understanding	★★



03 Punching Techniques

Criteria	Benchmark	Remark	Rating
Proper execution of advanced punches.	Executes a spinning back fist and jumping punch.	Competent	★★★



04 Kicking Techniques

Criteria	Benchmark	Remark	Rating
Mastery of more complex kicks.	Performs turning kick, jumping front kick, and axe kick.	Competent	★★★



05 Advanced Blocks

Criteria	Benchmark	Remark	Rating
Defense against complex attacks.	Demonstrates knife-hand block and X-block.	Competent	★★★



06 Poomsae (Forms)

Criteria	Benchmark	Remark	Rating
Sequence of movements with martial meaning.	Performs assigned form with precision.	Proficient	★★★★



07 Flexibility

Criteria	Benchmark	Remark	Rating
Advanced stretching and range of motion.	Performs a full split.	Foundational Understanding	★★



08 Strength

Criteria	Benchmark	Remark	Rating
Enhanced physical power for techniques.	Performs 15 push-ups and 10 squats without strain.	Competent	★ ★ ★

**09 Endurance**

Criteria	Benchmark	Remark	Rating
Stamina for extended training.	Participates in a 30-minute continuous training session.	Competent	★ ★ ★

**10 Balance**

Criteria	Benchmark	Remark	Rating
Stability during advanced techniques.	Holds a high kick position for 10 seconds.	Competent	★ ★ ★

**11 Agility**

Criteria	Benchmark	Remark	Rating
Quickness and lightness of movement.	Completes agility ladder drill in under 30 seconds.	Competent	★ ★ ★

**12 Respect & Leadership**

Criteria	Benchmark	Remark	Rating



Guiding peers and showing respect. Helps beginners, demonstrates moves, maintains etiquette. Foundational Understanding ★★

13 Concentration

Criteria	Benchmark	Remark	Rating
Enhanced focus during sessions.	Spars with partner without losing focus.	Proficient	★★★★



14 Discipline

Criteria	Benchmark	Remark	Rating
Adherence to advanced training regimen.	Demonstrates regular practice of advanced techniques.	Competent	★★★



15 Confidence & Combat Spirit

Criteria	Benchmark	Remark	Rating
Engaging in sparring confidently.	Willingly engages in sparring, demonstrates combat spirit.	Competent	★★★



Level	2nd
Coach Notes	He is good at sports

Proposed plan for the next three months:

Month 1:

Focus on improving stances

Month 2:

Continue practicing and refining stances

Enhance punching techniques

Work on kicking techniques

Introduce advanced blocks

Practice Poomsae (Forms)

Improve flexibility through stretching exercises

Build strength through conditioning drills

Enhance endurance through cardiovascular exercises

Work on balance exercises

Introduce agility drills

Emphasize respect and leadership skills

Focus on concentration exercises

Reinforce discipline in training

Build confidence and combat spirit

Enhance punching techniques

Refine kicking techniques

Master advanced blocks

Improve execution of Poomsae (Forms)

Increase flexibility through more advanced stretches

Progress strength training exercises

Advance endurance training with higher intensity workouts

Improve balance through challenging exercises

Enhance agility with more complex drills

Develop respect and leadership skills through practical scenarios

Focus on concentration exercises with increased difficulty

Strengthen discipline through tougher training routines

Boost confidence and combat spirit through sparring sessions

Month 3:

Continuously refine and perfect stances

Master punching techniques

Master kicking techniques

Master advanced blocks

Perfect execution of Poomsae (Forms)

Achieve increased flexibility through advanced stretching routines

Optimize strength training exercises for maximum results

Sustain high levels of endurance through intense workouts

Improve balance to a high level of proficiency

Execute agility drills with precision and speed

Develop respect and leadership skills through mentoring others

Refine concentration exercises to enhance focus

Strengthen discipline through mental and physical challenges

Foster an unwavering confidence and combat spirit