

NAME : XYZ

CLASS : 9

SECTION : A

ASPIRE(EXPLORE) - TAEKWONDO

Skills Observed/ Parameters Measured	Description	TERM 1	TERM 2
Basics	Flexibility, Stamina, Strenght, Stances	B	A
Punches & Blocks	Accuracy & Perfection	C	B
Kicks	Accuracy & Perfection	A	A
Poomsae	Body-Mind Co-ordination & Rythm	B	B
Sparring(Kyorugi)	Fighting Skills	B	C
Breaking(Kyuk-pah)	Strenght Skills	C	C

Strenght : Good in PushUp, Crunches & Squates.

Area of Improvement : Need Clarity & Focus

Sign of Coach/Instructor : Mr. Shiva Swami.

Rubrics :

Excellent-A+ Very Good-A Good-B Average-C Need Improvement-D Not Taken-NT
