

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

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