ANSH SRINIVASAN

Taekwondo Athlete
DOB: 01 Jan 2010 (Age 16)

SGFI Nationals 2026 Match Analysis

OBSERVATIONS

- **Cut kick:** Used the cut kick to create distance and disbalance the opponent.
- **Fake → Dolio-chagi:** Used a cut fake followed by dolio-chagi to the stomach.
- **Clash variations:** Used clash removal followed by scoring attempts to the stomach and head.
- **Spinning kicks:** Scored with spinning kicks to the head.
- **Punch:** Used punches to score multiple points during the match.
- **Front-leg / Back-leg combination:** Used a front-leg clash followed by a back-leg jump outside-inside kick in one motion.
- **Pattern recognition:** Identified the opponent's attacking patterns and countered them using front-leg chigi with both the right and left legs.
- **Tactical awareness:** Adjusted my attacking approach according to the score, identifying when to attack and when to hold back.
- **Mental composure:** Maintained composure both when leading and when trailing.
- **Trust in preparation:** Believed in my training and the preparation that I had put in before the competition.
- **Focus on controllables:** Stayed present and focused on factors within my control rather than external uncontrollable circumstances.
- **Process-oriented mindset:** Reminded myself to trust the process and focus on the controllables, knowing that the outcome is best approached by concentrating on what I can control.

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SCOPE FOR IMPROVEMENT

- **Greater Match Presence Required**

Defence

- Improve close-range blocking against stomach kicks as well as head kicks.
- Maintain a strong and consistent block while carrying kicks.

Attacking Strategy

- Maintain aggression while ensuring it remains controlled and safe.

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