ANSH SRINIVASAN

Taekwondo Athlete
DOB: 01 Jan 2010 (Age 16)

Junior Nationals 2026 Match Analysis

OBSERVATIONS

- Played to my potential and stayed effective throughout the match.
- Bada-chagi: Used it frequently with a high success rate.
- Fake → bada-chagi: Successfully used the fake to create openings for bada-chagi.
- Jump outside-inside: Used effectively, including after clashes.
- Punch: Scored effectively with punches.
- Pattern recognition: Recognised the opponent's outside-inside pattern and successfully countered it with a spin kick.
- Stomach dip: Effectively used my right-leg dip kick to the stomach.

SCOPE FOR IMPROVEMENT

Defence

- Improve the block against outside-inside attacks.

Mental & Tactical Execution

- Build greater belief and composure when in the lead.
- Work on controlling negative thoughts during the match.
- When a score is needed, stay calm and create an opening rather than attacking randomly.

Attacking Variation

- Use more clash variations to disrupt the opponent.
- After the cut kick, work on attacking again within the next second to maintain continuous pressure.
- Use the cut kick to disbalance the opponent when he comes with the back leg, rather than automatically choosing a spin kick when it isn't necessary.

Front-leg / Back-leg Strategy

- Play more of a front-leg game.
- Use the back leg mainly when there is a clear opportunity, creating that opportunity first by clashing the opponent's front leg.
- Avoid going directly with the back leg because the opponent is prepared with cut-kick/back-kick counters.
- Better sequence: clash his front leg → remove his defence → back-leg attack.
- I was able to use this sequence effectively when combining the clash with jump outside-inside, so this can be used more consistently.

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