



REPORT ID · IPT-2026-SAMPLE

ISSUED · 24 APR 2026

ASSESSED BY · KEENS TEAM

KPOP Idol Potential Test.

PREPARED FOR

Hannah Beginner

Denver · Age 15

WHAT'S INSIDE

At a Glance · Your Baseline · Your Growth · Company
Tier List · How to Get Cast · Casting to Trainee · Your
Debut Potential

CONFIDENTIAL TO THE RECIPIENT

LEVEL CHECK REPORT

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BEFORE WE BEGIN

Who We Are.

Keens is a **KPOP training program built by people who actually work inside the Korean idol system**. We are based in Seoul, connected to active casting directors, and led by instructors who have trained debut-level artists at the Big 4 agencies.



Jae Shim

KEENS ACADEMY PRINCIPAL / HEAD OF DANCE

Former **SM Entertainment Performance Director**. Jae Shim choreographed and directed stages for virtually every SM generation — from TVXQ and Girls' Generation through SHINee, EXO, Red Velvet, to aespa and RIIZE.

He built SM's idol training methodology from the inside. The scoring framework in this report is based on the same standards used to evaluate trainees at top-tier agencies.



Jay Kim

HEAD OF VOCAL

Debuted as a member of **TRAX under SM Entertainment** and went on to work as a **vocal coach for both SM and HYBE artists**. Native in Korean, English, and Japanese, Jay brings firsthand experience as both a performer and a coach — he knows what agencies listen for because he has been on both sides of the system.

He designed the vocal assessment axes in this report to match what agencies actually evaluate, not what generic singing courses teach.

OUR NETWORK

Keens maintains **active relationships with casting teams across major agencies** in Seoul. We know what each company is looking for right now — not from press releases, but from direct conversations. When we tell you which companies fit your profile, that guidance comes from real industry access.

OUR PROMISE

This report will be honest. If you have what it takes, we will tell you exactly how to get there. If the traditional idol path is not realistic for you, we will explain why — and show you what you can do instead. We do not sell false hope.

BEFORE WE BEGIN

A Note on Honesty.

This report was written to be **genuinely useful to you** — not to make you feel good. The KPOP industry is extremely competitive. Honest feedback is the most valuable thing we can give you.

What this report is

A professional assessment of your current abilities against KPOP idol debut standards, based on the video you submitted. It includes **scores, benchmarks, industry context, and a personalized action plan** designed to help you make informed decisions about your training path.

What this report is not

This is not a guarantee of debut, a contract offer, or a casting decision. No report can promise you will become an idol. **Agencies make their own decisions** based on factors that go beyond any single assessment — timing, market needs, group chemistry, and luck all play a role.

On physique and health

This report includes a physique assessment because agencies evaluate it during casting. Being an idol is a **performance job – your body is your instrument on stage, seen by millions**. The physical standards reflect that reality, the same way a professional athlete's conditioning reflects the demands of their sport. But your diet does not need to match an Olympic athlete's, and our guidance is not about extreme restriction. It is about **sustainable fitness for someone whose job is art, performance, and public presence** – with different considerations for health, mental health, and growth (especially if you are still growing). All dietary references cite published sources. If you have concerns about body image or eating, please speak with a medical professional.

On edge cases

The KPOP industry is full of exceptions. Idols have debuted at ages, heights, and skill levels that no report would have predicted. There are too many variables – timing, market shifts, a viral moment, the right producer seeing the right clip – for anyone to guarantee an outcome. **We cannot promise that you will debut, and we cannot promise that you will not.** What we can do is give you an honest read on where you stand today and what the most likely paths forward look like.

On age

We are direct about age because agencies are direct about age. Debut windows are real. This is not a judgment on your worth as a person or performer – it is a reflection of **how the industry currently operates**. We present the data so you can plan accordingly.

Our commitment: Everything in this report is written with care and backed by data. If something is hard to read, it is because the truth matters more than comfort. We believe you deserve real answers — and that honesty is the foundation of any meaningful training journey.

READING GUIDE

How to Read This Report.

This report contains two types of content. Knowing the difference will help you get the most out of it.

PERSONALIZED TO YOU

Sections with red styling are written specifically for you — your scores, your assessments, your action items. These sections are based on the video you submitted and the information you provided. If a different student submitted a different video, these sections would say completely different things.

EDUCATIONAL CONTEXT

Sections in the standard blue or neutral styling are educational — industry facts, company profiles, training benchmarks, and reference material that applies to every aspiring trainee. It is all information from Keens' experience in the KPOP industry. We have combined everything that is honest and easy to understand — truly the insiders' information.

WHAT TO LOOK FOR

Everything that matters most to **you specifically** is highlighted in red throughout this report. When you see red borders, red accents, or red backgrounds — that content is about you.

If you are short on time, you can skim the educational sections and focus on the red sections to get a quick read on your results and next steps.

PART I

Your Assessment.

A detailed read on your current abilities, skill by skill,
against real KPOP debut standards.

PART I · YOUR ASSESSMENT

At a Glance.

Your headline findings, in one page. Full breakdown in the chapters that follow.

YOUR DEBUT POTENTIAL

B+

You can debut - with some changes.

DEBUT FEASIBILITY

Audition-ready in 24+ months.

Your current trajectory points to an extended training path. Focus on building a consistent practice routine before re-evaluating. This is a longer path than most trainees expect. Realistic with full commitment to professional-level training.

BASELINE

Age	15
Ethnicity · Nationality	American · USA
Physique	170 cm · 55 kg · BMI 19.0 · build Average
Languages	Japanese/ Beginner

TRAINING BACKGROUND

KPOP-specific training	None
Dance training	1-2 years · Just starting
Vocal training	None · Never sings
Korean language	Beginner (Can read Hangul / Hear easy phrases)
Current weekly hrs	0 hrs/wk

PROJECTED TRAJECTORY · WITH KEENS PLAN (15-20 HRS/WK)

<p>NOW</p> <p>0</p> <p>Age 15</p>	<p>+12 MONTHS</p> <p>3</p> <p>Age 16</p>	<p>+24 MONTHS</p> <p>4</p> <p>Age 17</p>
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Key takeaway: You are in the phase where honest self-awareness matters more than practice hours. Before adding more hours, get an outside assessment, identify your weakest axes, and restructure your training around those.

CONFIDENTIAL

CHAPTER A

Baseline Profile.

Age, physique, nationality, and language — the factors that shape your starting point.

SAMPLE REPORT · END OF PREVIEW

Want the full report?

This is a 12-page preview. The full report covers your full company tier list, audition channels, casting & contract guide, honest diagnosis, and more.

keensacademy.com/level-check