

**Sparring Seminar &
Sports Psychology Workshop
Info Pack**

**16X European &
World Champion**
Urša Terdin

**A WORCESTERSHIRE MARTIAL ARTS EVENT HOSTED
BY
READING TAEKWON-DO CHIEF INSTRUCTOR
JAMES DILLEY V**



About Urša

Sabum Urša Terdin is a qualified Sports Psychologist and decorated international competitor. Urša has won the following international titles in her career:



ITF Taekwondo

1x World & 7x European Champion

- 2024 – European champion, Lublin, Poland
- 2023 – World champion, Tampere, Finland
- 2022 – European champion, Poreč, Croatia
- 2017 – European champion, Sofia, Bulgaria
- 2016 – European champion, Tampere, Finland
- 2014 – European champion, Riccione, Italy
- 2013 – European champion (juniors), Skövde, Sweden
- 2012 – European champion (juniors), Maribor, Slovenia



WAKO Kickboxing

4x World & 4x European Champion

- 2022 – European champion, Antalya, Turkey
- 2021 – World champion, Jesolo, Italy
- 2018 – European champion, Maribor, Slovenia
- 2017 – World champion, Budapest, Hungary
- 2016 – European champion, Maribor, Slovenia
- 2014 – World champion (juniors), Rimini, Italy
- 2013 – European champion (juniors), Krynica-Zdrój, Poland
- 2010 – World champion (cadets), Belgrade, Serbia

Education Background

M.Sc. Psychology in Sport and Exercise
(German Sport University Cologne)

B.Sc. Biopsychology (UP FAMNIT, Koper)

Overview

The 3 hour seminar will have 2 full competition sized rings, games, team challenges and tactics will dominate the theme.

Urša will delve into the drills & strategies which have underpinned her success. The aim is to connect different fundamentals and apply them into sparring scenarios.

- Finding opportunities.
- Maximising the skills of timing, distance & movement.
- Looking for & leveraging opponent's mistakes.
- The value of patience & when to apply it.

The interactive Sport Psychology Workshop will focus on bringing theory into practice. Utilising engaging group discussions and real world stories.

The insights will benefit both coaches and practitioners, enhancing decision making and strategy for high pressure competition.

The Venues

Sports Psychology Workshop
10am-12pm

Hilton Hotel Reading
Drake Way, Reading RG2 0GQ, United Kingdom

Onsite parking available

Lunch 12pm-1:30pm

Sparring Seminar
1:30pm-4:30pm

Kings Academy Prospect
Cockney Hill, Tilehurst, Reading RG30 4EX

Onsite parking available

Disclaimer

By participating in this Taekwon-Do seminar, you acknowledge and agree to the following terms and conditions:

1. Voluntary Participation: Your participation in this seminar is entirely voluntary. You are responsible for ensuring that you are physically fit and capable of participating in the activities involved.
2. Assumption of Risk: Taekwon-Do is a physically demanding activity that involves a risk of injury. By participating, you accept and assume all risks associated with the training, including but not limited to, bodily injury, property damage, and any other harm that may result.
3. Medical Clearance: It is your responsibility to seek medical advice and obtain clearance from a qualified healthcare provider prior to participating in this seminar.
4. Personal Insurance: You are advised to have appropriate health and accident insurance coverage. The organisers and hosts of this seminar do not provide medical or accident insurance for participants.
5. Compliance with Rules: All participants must adhere to the seminar rules and guidelines as set forth by the instructors and organisers. Failure to comply may result in your removal from the seminar without refund.

Disclaimer

6. Liability Waiver: By participating, you release and hold harmless the seminar organisers, instructors, venue owners, and any affiliated organizations from any liability, claims, or demands arising from your participation in this event.

7. Recording and Media Release: The seminar may be recorded or photographed. By attending, you consent to the use of your image and likeness in promotional materials, publications, and social media.

Please read and ensure you understand these terms before participating. Your participation signifies your agreement to these conditions. If you have any questions or concerns, please address them with the seminar organisers prior to the commencement of the event.

If you have any questions about the event please email Mr James Dilley at james@readingtkd.com

We hope you have an incredible experience!