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# 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



[ursaterdin.com](http://ursaterdin.com)

# About Urša

Boosabum 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)

## **Weekend Overview**

The sparring seminars will delve into the drills & strategies which have underpinned Urša's 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 mental preparation for athletes. The insights will benefit both coaches and practitioners, enhancing decision-making and strategy for high-pressure competition.

# The Venues

## Session 1 Sports Psychology Workshop

11am-1pm

### Novotel Reading Centre

25B Friar Street

Reading

RG1 1DP

Novotel Reading Centre is just 2 minutes' walk from Reading Railway Station.

The Novotel Leisure Club features a fully equipped fitness centre with flat-screen TVs. Guests can relax in the sauna, steam room or the heated indoor swimming pool.

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## Session 2 Sparring Seminar

4pm-6pm

### Rivermead Leisure Centre

Richfield Avenue

Reading

RG1 8EQ

The brand-new Rivermead Leisure Centre is a flagship development which provides first class leisure facilities as part of the £40m reinvestment into upgrading sport & leisure centres in Reading.

# Hotels

There are plenty of hotels and accommodation to choose from. Here are 4 recommended based on convenience.

## **Closest to Sparring Seminar Venue Rivermead Leisure Centre**

Premier Inn Reading Caversham Bridge hotel

Crowne Plaza Reading, an IHG Hotel

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## **Closest to Sports Psychology Workshop Venue Novotel Reading Centre**

Novotel Reading Centre

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# 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](mailto:james@readingtkd.com)

We hope you have an incredible experience!