

The Performance Institute sportsCircle in Bochum supervises in performance diagnostics and training schedule top sportswoman Ana Anastassiadou!

The idea behind **sportsCircle** and the associated creation of an Institute for performance diagnostics is due to the founders affinity to competitive sports.



With individual concepts, the physical and mental performance is improved. Based on the diagnosis, an individual and day-accurate training schedule is created which includes the optimization of nutrition, strengthening the mental attitude in order to achieve a progressive accompaniment to reach the goals. No matter what sport or personal target, **sportCircle** helps to achieve this.



The Institute is managed by its founder, **Sebastian Kühn**, who is known in ITF-Taekwon-Do for almost 15 years. During this period many national and international achievements (Junior European Champion, World Cup winner, European vice-champion among others) demonstrate this.



One of the supervised top athletes is **Ana Anastassiadou** who is without doubt one of the most consistent and successful Taekwon-Do in the world. Ana grew up in Dortmund, where she started her career in sports training in 1990 under tutorial of Grand Master Ung Kim Lan. Due to personal circumstances (studies) she also trained with Master Harry Vones, Monheim. Lately she returned to Dortmund.



Two World titles and more than 10 gold medals at European Championships and countless national titles are the result of constant training, stern discipline and dedication to TKD over decades. Most recently Ana won the World Cup 2012 in Brighton.

Since 2012 she belongs to the coaching staff of the ITF Germany and serves the national team. Because of her medical background Ana is a highly competent instructor at seminars organized by the ITF-D with focus on sport injuries and first aid.

Ana is trying to balance her responsible work as Medical Director of Radiology in a hospital with the sporting challenge. Besides Taekwon-Do she is jogging regularly and is frequently seen in running events.

Ana is a very modest and dedicated athlete, who always gives a good example to young TKD students, not only because of her knowledge of TKD but also of her friendly character and her readiness to help others.

This year she wants to end her impressive and outstanding TKD career with good results at the European Championships in Sweden and the World Championships in Spain. **sportsCircle** is supporting her competition preparation, especially with the aeroscan breath analysis.

More info at www.sportscircle.de

