

Mexican woman wins gold in World Kickboxing Championship



*“Definitely **the best experience of my sporting career so far,**”* said the gold medalist at the WAKO World Kickboxing Championship, Italy 2021.

Valeria Bolaños Gervasi, an undergraduate student of Business Transformation and Strategy at the **Santa Fe** campus of Tecnológico de Monterrey, won the gold in the tournament organized by **WAKO**, the **World Association of Kickboxing Organizations**.

This is the only global organization recognized by the **GAISF** (Global Association of International Sports Federations) and the IOC (International Olympic Committee).



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Valeria competed **against 13 countries**, with **Russia** taking the bronze and **Ukraine** the silver.

According to the gold medal winner, it took a long to prepare for this feat.

“I’ve been training since I was 2 and competing internationally since I was 13. I’m 19 now.

*“Specifically, **these world championships meant two years of complicated preparation due to the pandemic, with daily training and personal trainers to help me develop in different areas,**” she shared.*



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The goal? Winning gold at the world championship

However, it was worth all the effort, as she achieved her goal of becoming **the world championship gold medalist in her discipline**, forms with weapons.

The champion said that **discipline and sacrifice** were the main aspects of her personal and sporting life that had helped her win the gold.

*"I had to put a lot of things to one side to be able to commit to the training sessions, tournaments, and necessary preparations to **get to the world championship**."*

*"**My goal in this world championship was always winning the gold.** I'd won 2 world championships before in juniors, under 18s, and this was my first as an adult, so it meant a lot to me,"* she said.



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“My goal in this world championship was always winning the gold.” - Valeria Bolaños Gervasi

Being persistent and organized

Finally, Valeria shared that **the Tec had helped her be persistent and organized.**

*“This helped me when **balancing the personal, social, student, and sporting aspects of my life, as far as possible.** I could also continue studying virtually during preparation and the world championship,” she concluded.*



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