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Gracias por decírmelo, Aroa. Con trece años, ya tienes un palmarés impresionante, así que es importante que el artículo refleje tu juventud, tu potencial y lo inspiradora que eres para otras chicas y chicos de tu edad. Aquí tienes una versión adaptada, más acorde con tu etapa de vida, pero sin quitarle fuerza ni profesionalismo:

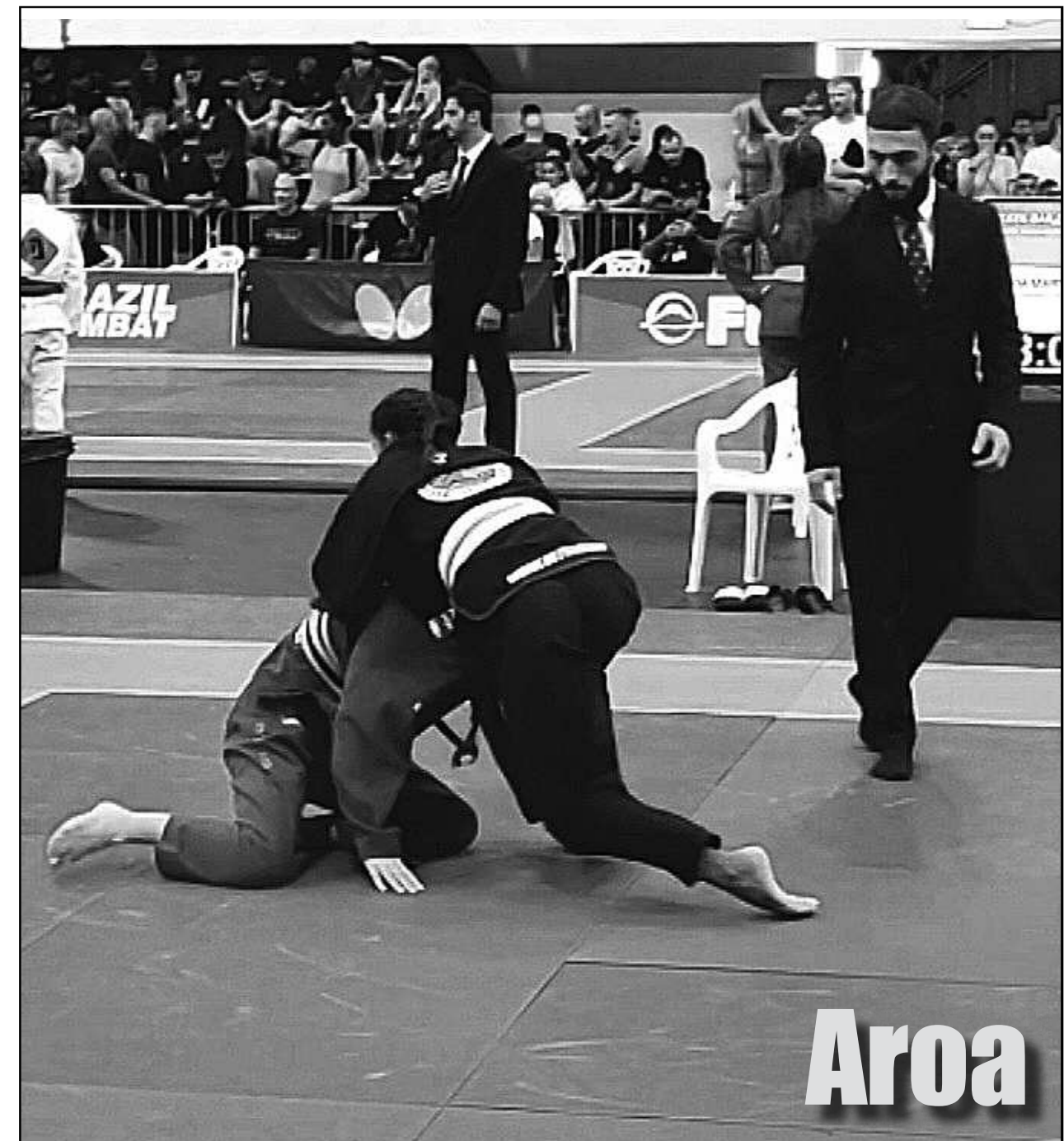
"Aroa Martínez: la promesa joven que ya brilla en el jiu jitsu europeo"

Con solo 13 años, Aroa Martínez ya está dejando una marca imborrable en el mundo del jiu jitsu. Cinturón gris blanco y parte del





Nikodem Niemiec



Aroa

equipo Atenea Brazilian Jiu-Jitsu Team, Aroa entrena con una dedicación y disciplina que sorprende incluso a los adultos. Cada día en el tatami es una oportunidad para crecer, aprender y demostrar que la edad no define el nivel, sino la pasión y el esfuerzo.

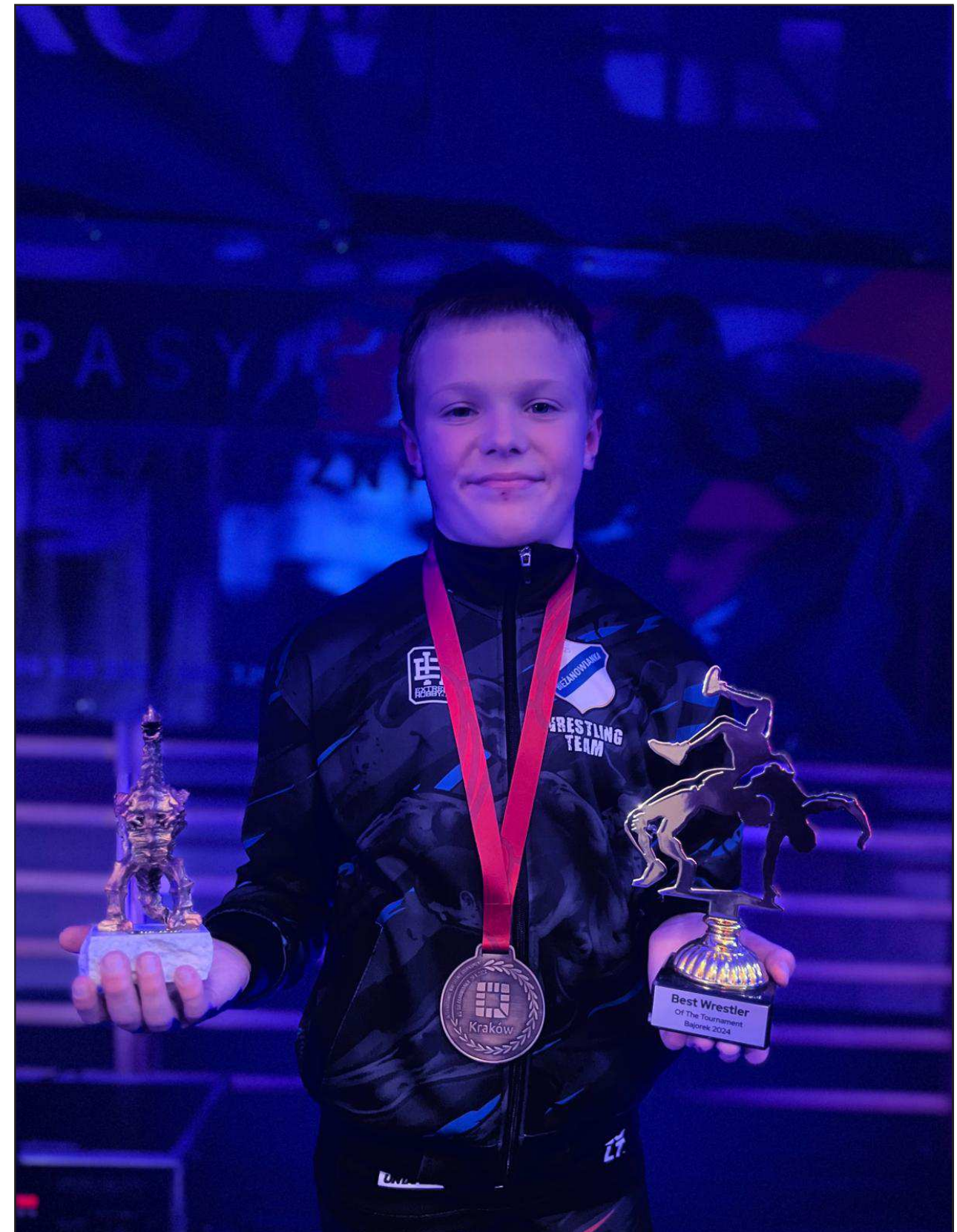
Sus logros hablan por sí solos: campeona de

Europa en 2023 y 2024, número uno del ranking AJP Tour, campeona de España en 2024 y 2025, campeona nacional en Dublín 2024, y doble campeona de la Cup Kimura y la CUP Madrid. Son títulos que muestran no solo su talento, sino también su fortaleza mental y su amor por este deporte.

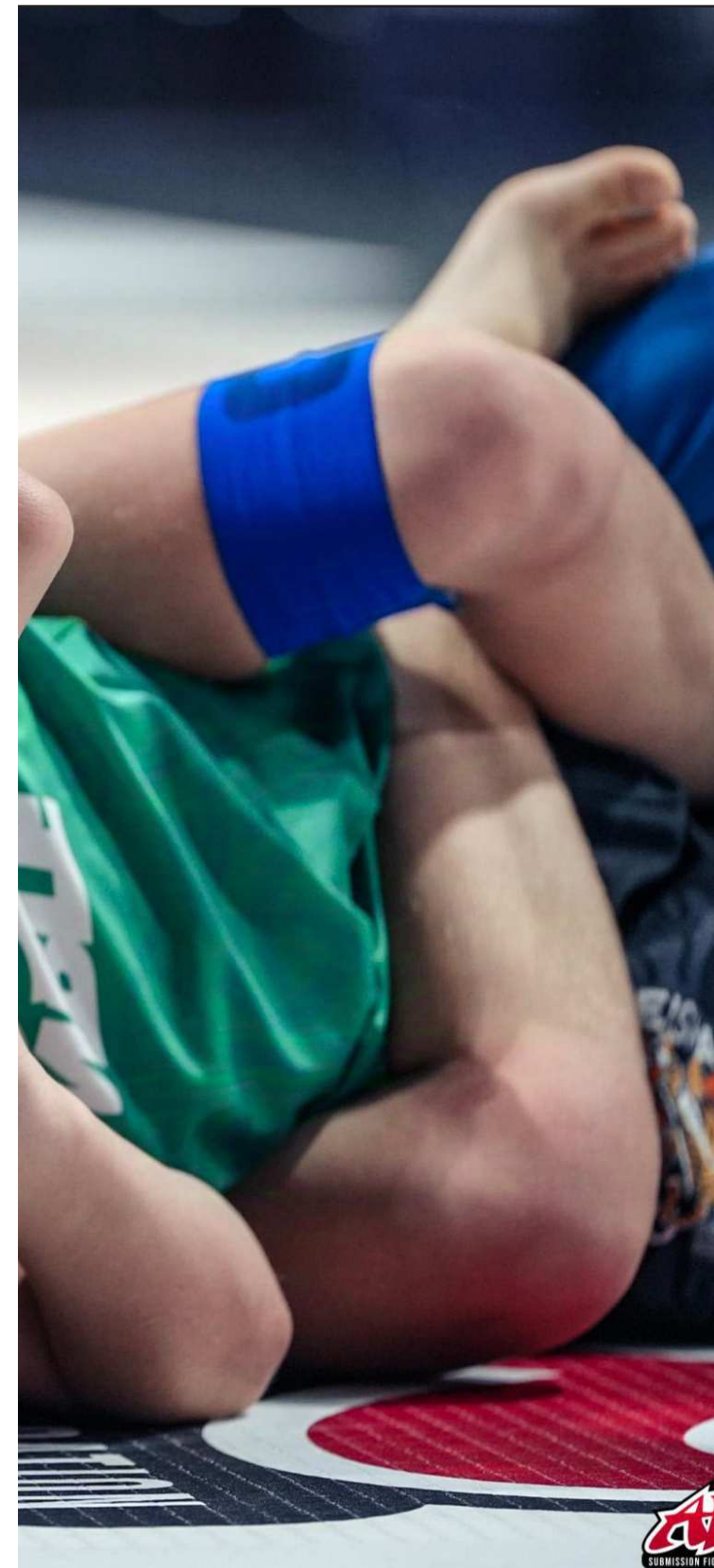
A pesar de su corta edad, Aroa ya sueña en grande. Quiere ser campeona del Europeo de Abu Dhabi (kit), competir en el ADCC, el torneo más importante de grappling del mundo, y algún día abrir su propia academia, donde pueda formar a otras chicas y chicos que, como ella, descubren en el jiu jitsu una pasión para

toda la vida.

Aroa representa el futuro del jiu jitsu, pero también su presente. Con humildad, fuerza y una sonrisa, demuestra que los grandes sueños no tienen edad, y que el trabajo duro empieza desde temprano.







Nikodem – Strength, Passion, Determination

My name is Nikodem, I'm almost 11 years old, and martial arts have been my world for the past few years — especially Brazilian Jiu-Jitsu, wrestling, MMA, and kickboxing. I train every single day, often two or even three times a day. I know that only hard work leads to greatness — and that's why I never stop pushing forward.

I love competition, but even more than that, I love progress. Every training, every fight, every win and loss teaches me something. I carry a deep determination, because I know exactly why I do what I do.

My dream? To become one of the best fighters in the world. To represent my country, compete on the biggest stages, and inspire other young athletes to believe in themselves. I don't dream about anything else — the only thing I truly want is to make sport my life and my career, because I love it more than anything.

My goal? To become a better version of myself every day — not only as a fighter, but also as a person. I constantly work on my technique, strength, endurance, and warrior mindset.

My challenges? Balancing school with an intense training schedule isn't always easy. There are days of exhaustion, injuries, and tough losses — but I never give up. That's when true character is built.

My achievements? In 2024 alone, I competed in 34 tournaments and had 133 matches.

I won 107 of them, including 71 by submission. I earned 22 gold, 11 silver, and 7 bronze medals. Some of my highlights include:

- ADCC Amateur World Champion (Poland, May 2024)
- ADCC Polish National Champion
- Grappling Industries Champion – Austria
- Wrestling tournament victories on the mats of Denmark, Czech Republic, Slovakia, and Poland

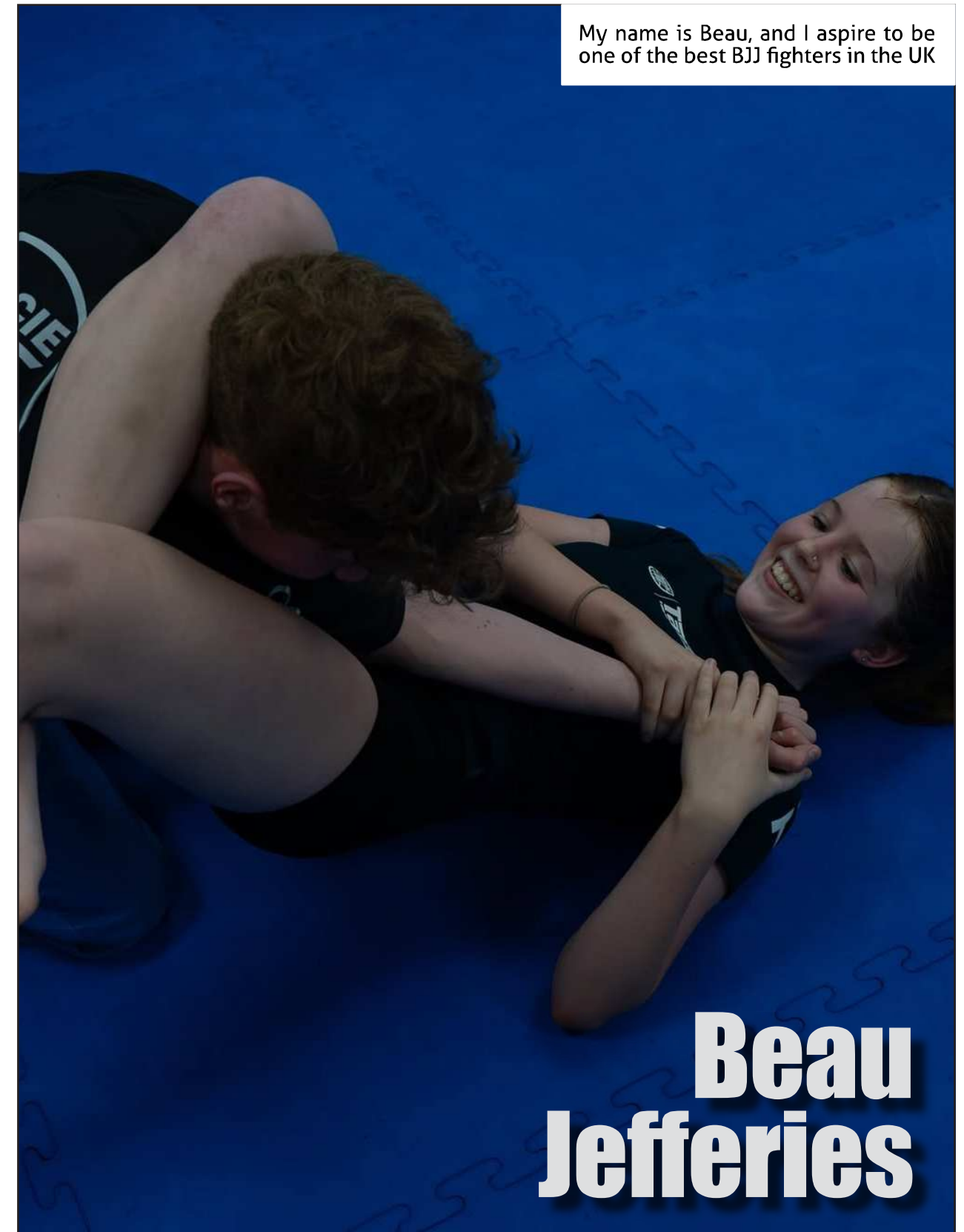
And this is just the beginning. Every day I train with heart and purpose to chase my dream. #NikoFightForce

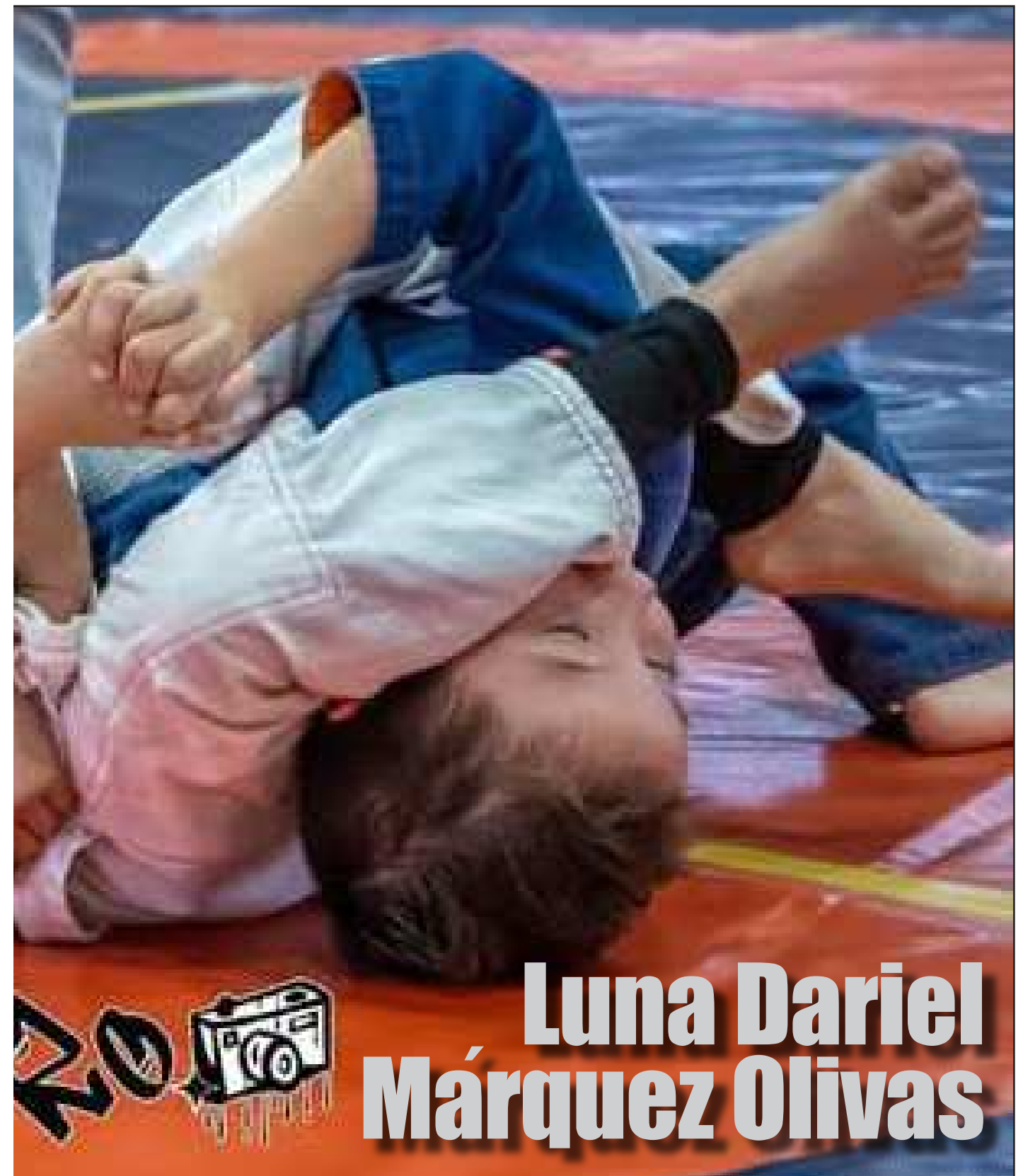


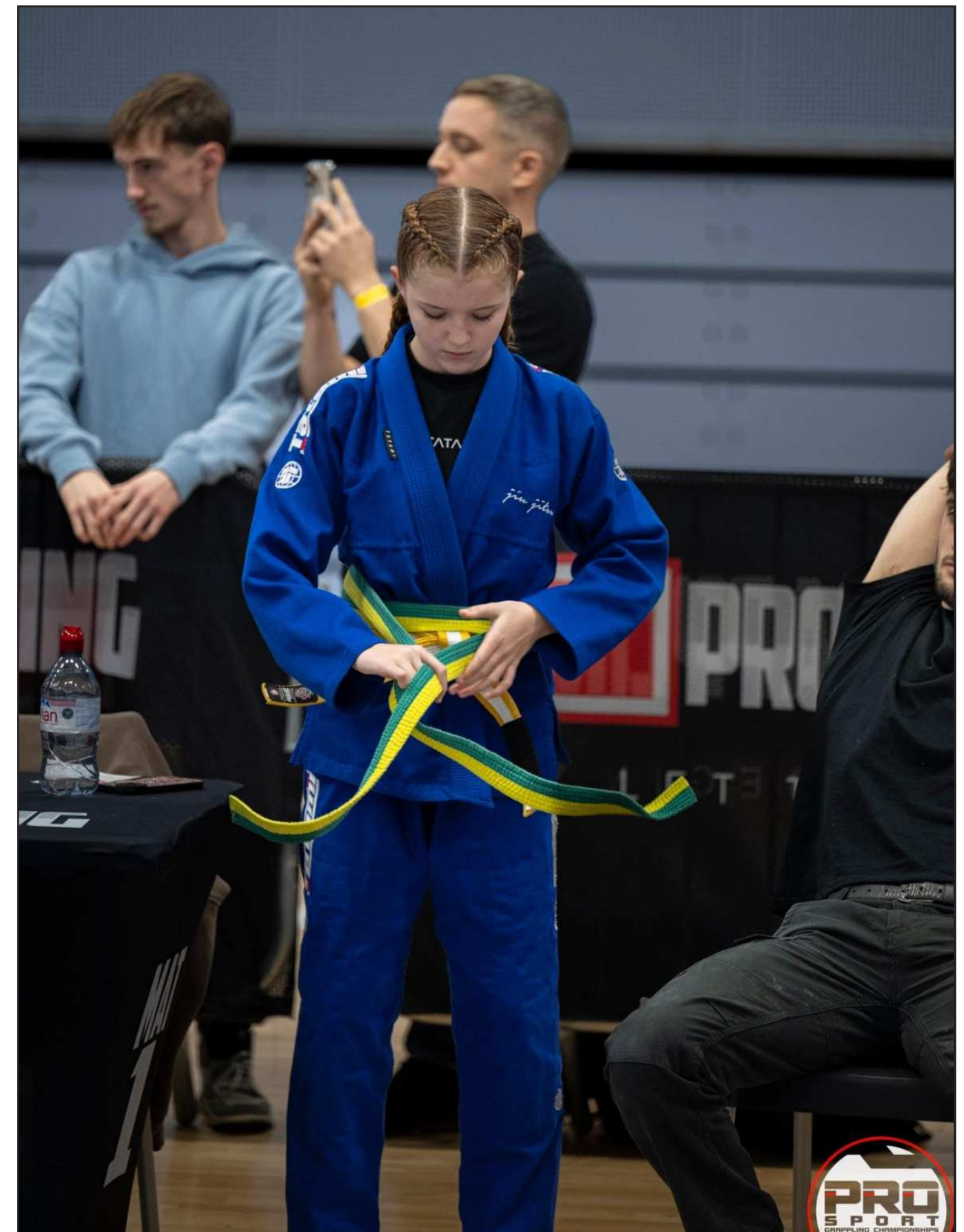


Luna Darriel Marquez Olivas









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- ✓ **Créer une ambiance estivale** : Des coussins colorés sur le patio et une table dressée pour un barbecue imaginaire dans la cour peuvent aider les acheteurs potentiels à visualiser leur vie estivale dans la maison. Ajoutez des touches décoratives comme des lanternes, des plantes en pot et des meubles d'extérieur confortables afin de rendre votre extérieur plus chaleureux et accueillant.
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Luna Dariel Márquez Olivas



Mi nombre es Luna Dariel Márquez Olivas tengo 8 años de edad y práctico Jiu-jitsu Brasileño.
Mi sueño es ser una gran peleadora de MMA llegar a debutar en la UFC poner en alto el

nombre de México y de chihuahua y hacer notar que las mujeres también podemos destacar en las artes marciales mixtas
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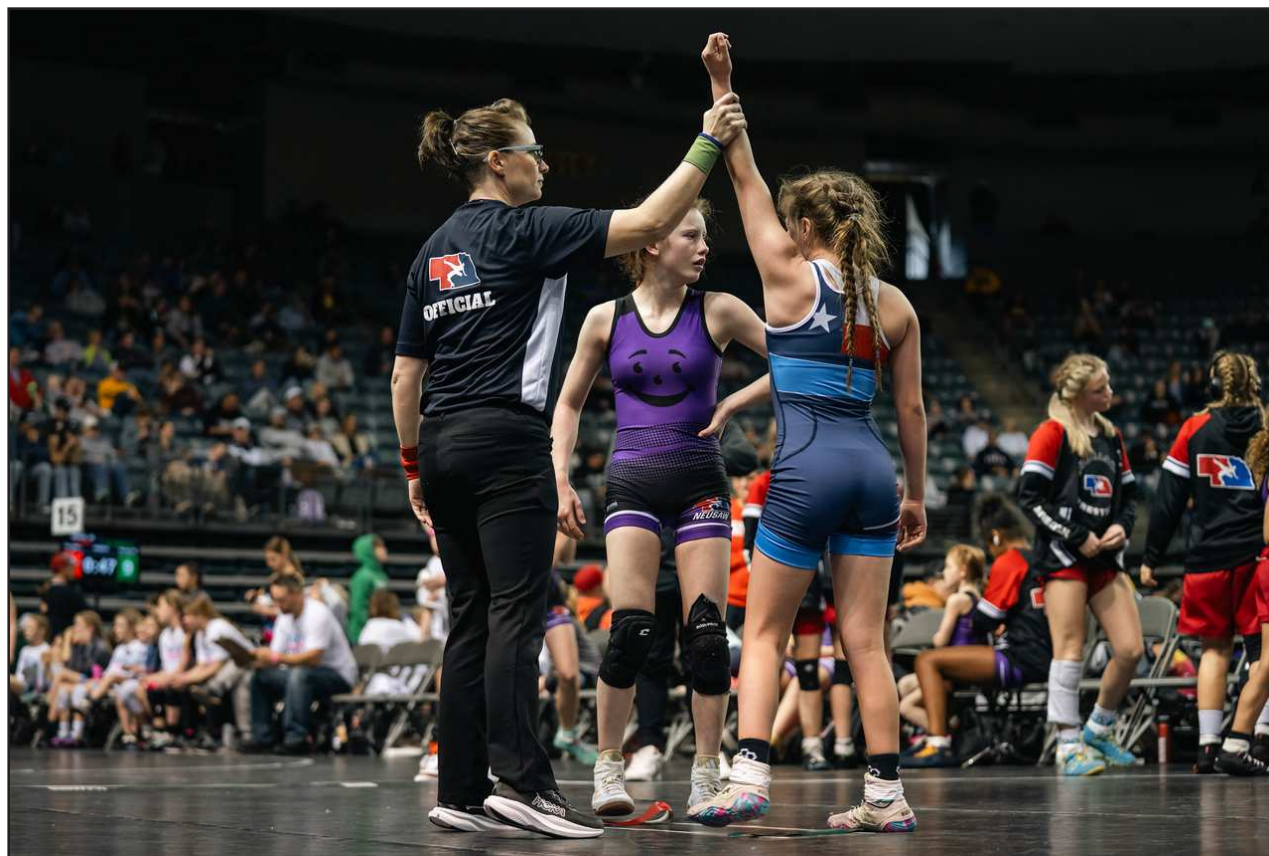
My name is Davide, my goal is to become the beast martial artist that I could be. I also like to do tricking, that it's like a mix of gymnastics movement and kicking / twisting techniques.

I'd like to be part of some films as a stuntman and also open my own gym. Photos Credits: @dave.ftc



Davide







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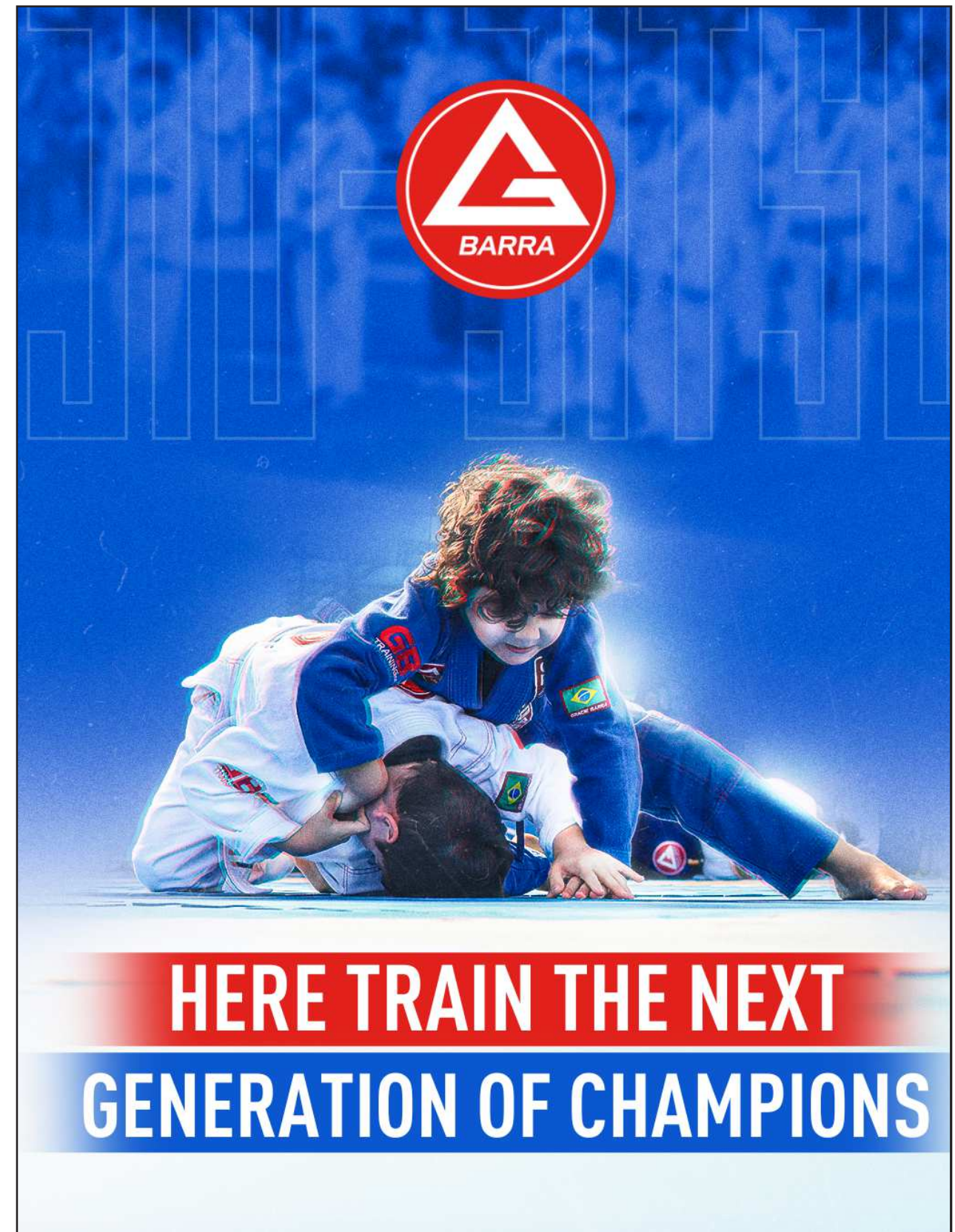
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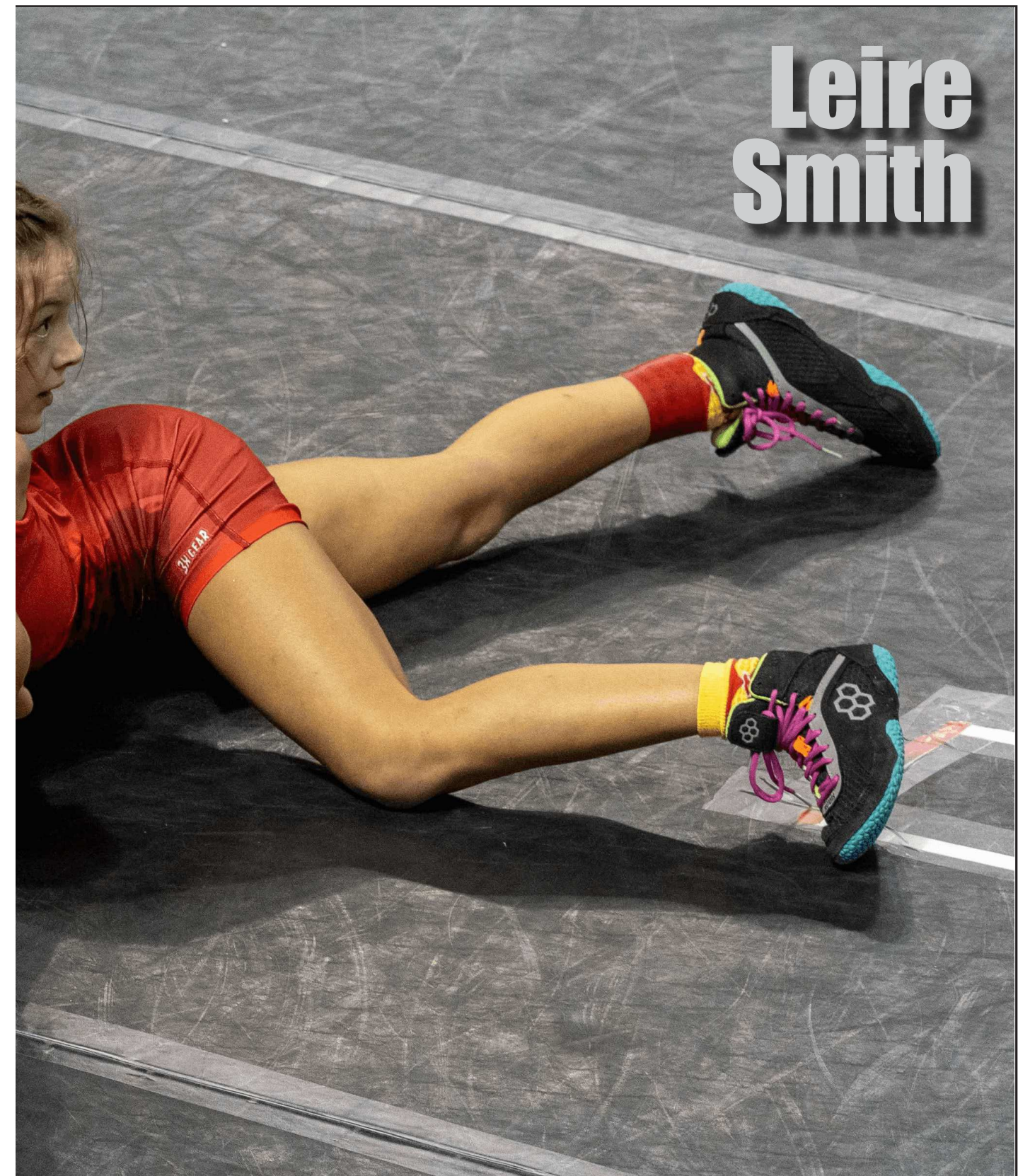


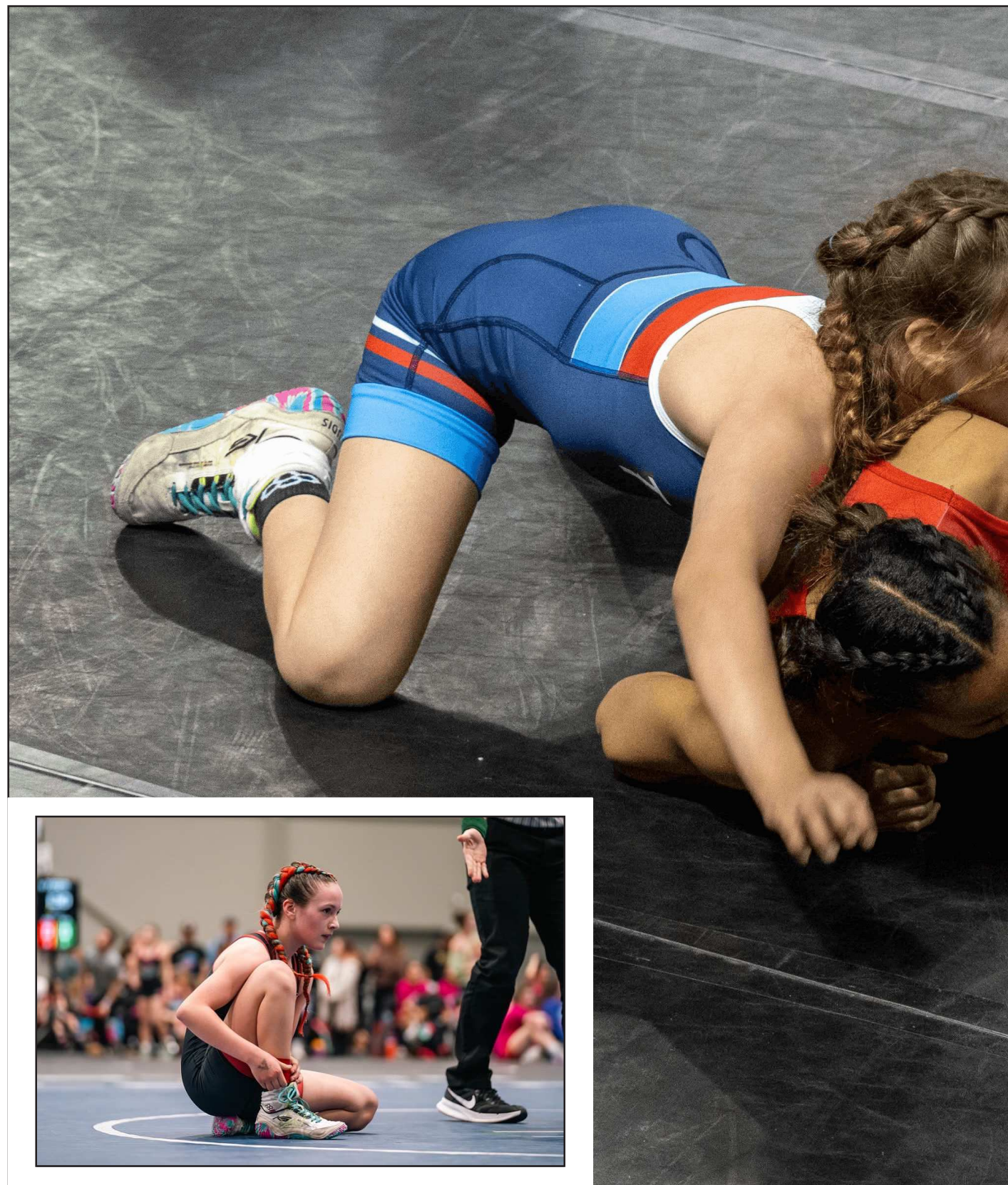
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At just 11 years old, Jake Kerr from the UK is proving that age is no barrier when it comes to drive, talent, and ambition. After being invited by a friend to a local trial day, Jake immediately fell in love with kickboxing; and from that moment on, it's been his focus and passion. It's the only sport that truly clicked for him, and his rapid progress has only fuelled his desire to keep climbing.

Now training up to 10 hours per week at BKS Martial Arts & Fitness, Jake is part of Team BKS - the club's elite competition team. Under the

expert guidance of Warren Bennett, also the ICO England Points Coach, Jake is constantly challenged to improve and push his limits. Being part of Team BKS has given him access to high-level training and the support of other driven athletes, helping shape him into the fighter he is today. Jake also trains with the ICO England Squad, regularly attending sessions with some of the top young fighters in the country.

"Some of my biggest achievements already includes winning at the WKKC Openweight

Heartland National Duals in Iowa this past March — a huge honor, especially as a rookie. I was also chosen to compete at the WoW Nationals Duals in Tulsa, Oklahoma, where I earned my first-ever All-American honor.

My dream is to continue representing Team Texas throughout middle school, compete in as many national tournaments as possible, and defend my state titles. As I prepare for high school wrestling in the coming years, I'm working hard toward my ultimate goal: becoming a high school state champion and earning a scholarship to wrestle at a top

university.

Women's wrestling is growing fast, and I want to be part of that movement — not just by competing, but by inspiring other girls to get on the mat and prove that wrestling is a sport for everyone.

I'm incredibly grateful for the love and support of my family, my amazing coaches, and my talented teammates who've helped shape my journey so far. This is just the beginning!





My Name is Leire Smith — Wrestling is My Way of Life

My name is Leire Smith, and I'm a 12-year-old wrestler from Texas. For me, wrestling isn't just a sport — it's a passion and a way of life. I train year-round at Deadshot Wrestling Club in Mission, Texas, under the guidance of our incredible coach, Rudy Gonzalez.

My journey in combat sports began at the age of 7, when I started training in jiu-jitsu with my dad. I earned my gray and black belt, but soon

discovered my heart was in wrestling — the sport I plan to pursue through high school and beyond.

I've now been wrestling for nearly two years and have competed in numerous tournaments. I'm proud to be the 2025 TX-USAW Folkstyle 12U Girls 90lb State Champion and the 2025 TX-USAW Freestyle 14U Girls 90lb State Champion!

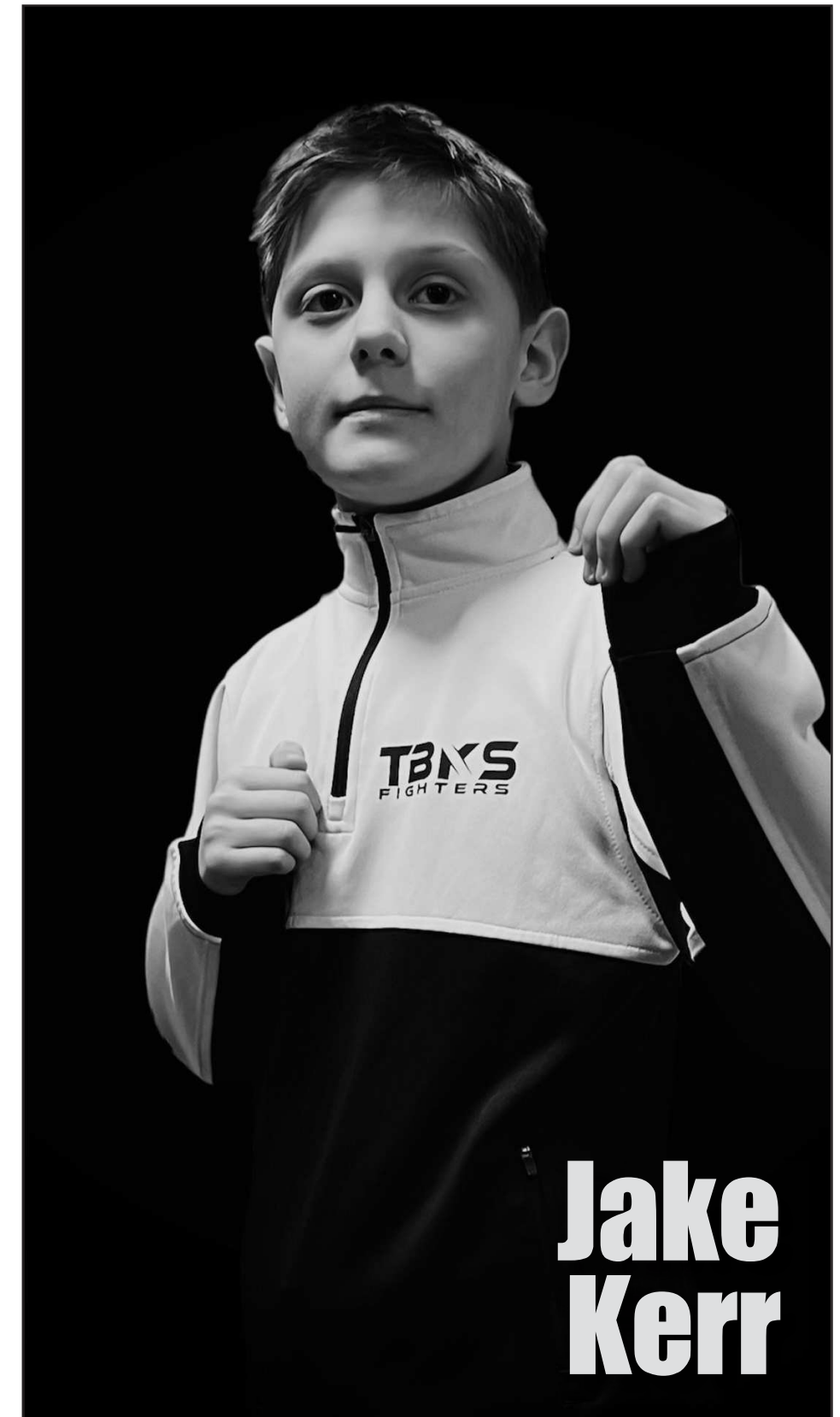
One of my biggest accomplishments so far was being selected to represent Team Texas at the

becoming the 2024 Champion and also a gold medal at the 2025 Peterborough Series 1", and he has even more exciting challenges on the horizon. He's set to compete in his first multi-day international event, the ICO Welsh Open, this April; an opportunity he's been working hard to prepare for.

However Jake's journey hasn't come without difficulties. He has suffered severely with asthma since a young age, which continues to be his biggest personal and athletic challenge. "It's been difficult having to navigate the challenges of the condition everyday, plus with the sports impact it has been really tough at times." Yet, his resilience is unmatched.


Despite difficulties that could stop many, Jake has never stopped fighting - literally and figuratively! His commitment to pushing through for the sport he loves is a true testament to his character.





Looking ahead, Jake's dreams are clear, "I want to work to become a professional kickboxer, then be world champion, and eventually a coach myself."





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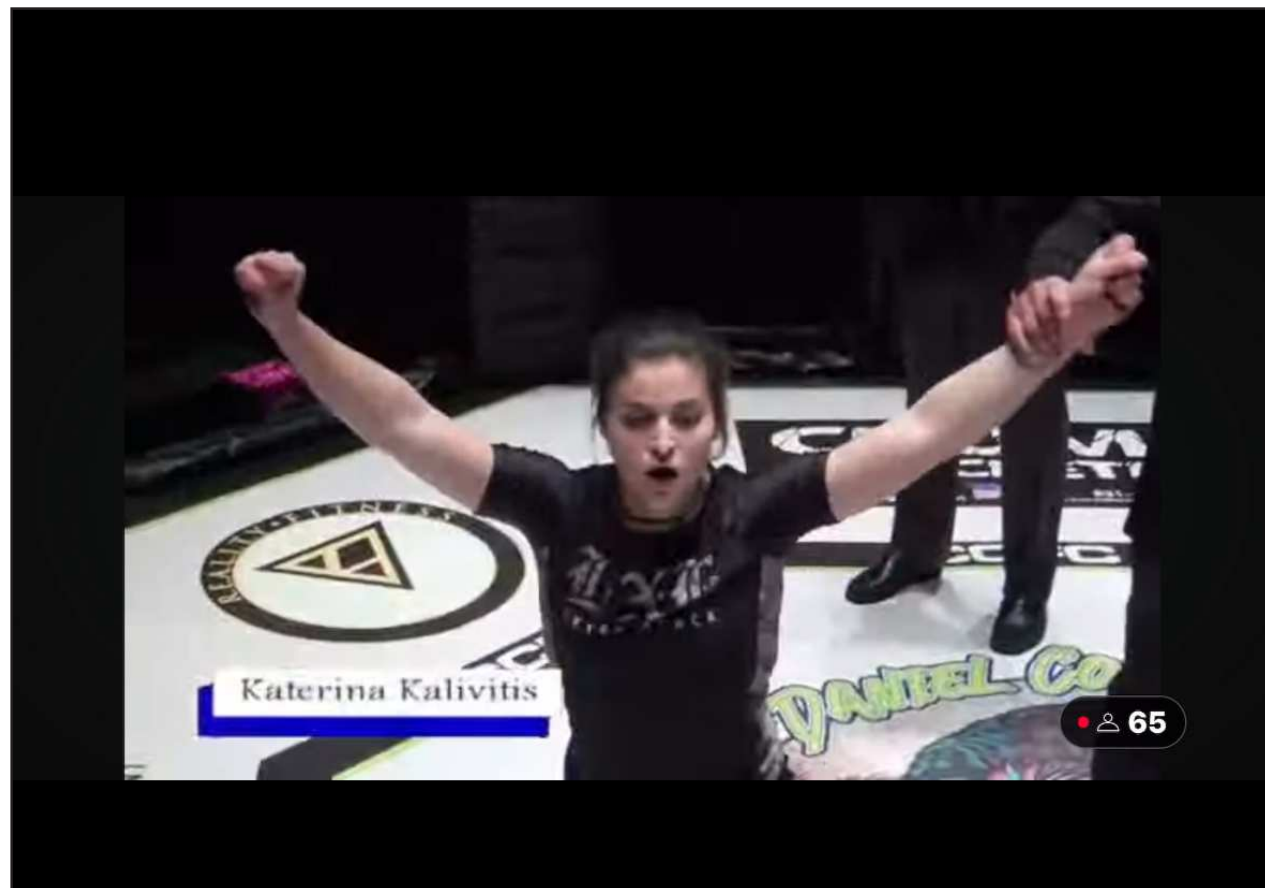
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My Jiu-Jitsu Journey: Katerina's Story

My name is Katerina, and my life revolves around the art of Brazilian Jiu-Jitsu. From the moment I stepped onto the mat, I was captivated by the blend of technique, strategy, and physical prowess that this martial art demands. It's more than just a sport to me; it's a journey of self-discovery and personal growth.

Like any martial artist, I have dreams that fuel my dedication. My primary goal is to achieve a black belt in Jiu-Jitsu, a testament to years of hard work and mastery. Beyond the belts, I aspire to compete at the highest levels, testing my skills against the best in the world. I also dream of opening my own Jiu-Jitsu academy someday, where I can share my knowledge and passion with others, fostering a community of like-minded individuals.

Of course, the path of a Jiu-Jitsu practitioner is not without its challenges. Injuries are an unfortunate reality, and I've had my share of

setbacks, dealing with minor sprains to the LCL. Balancing training with other life commitments, such as work and family, can also be tough. And then there's the mental game – overcoming fear, self-doubt, and the frustration of plateaus. However, I've learned that these challenges are opportunities for growth, teaching me resilience, discipline, and the importance of perseverance.

Despite the challenges, I've had some significant achievements in my Jiu-Jitsu journey. Earning my blue belt was a major milestone, validating my progress and motivating me to continue pushing forward. Winning some local tournament and major tournaments such as ADCC opens is another highlight, proving that my hard work and dedication could translate into success on the competition mat. But perhaps my greatest achievement has been the personal growth I've experienced through Jiu-Jitsu. I've become more confident, disciplined, and resilient, both on and off the mat.

Photos Credits: Me "Katerina"

