

Bridgett Brumbaugh Claims Bronze at IBJJF World Championships: A Year Into Her Black Belt Journey



Los Angeles, California Jun 6, 2025 ([Issuewire.com](https://www.issuewire.com)) - Bridgett Brumbaugh, a Brazilian Jiu-Jitsu black belt representing **Active JiuJitsu** under Professor Luiz “Dentinho” Rosa, Jr and coached by **Pierre Loarte**, earned a hard-fought **3rd place finish** at the 2025 IBJJF World Championships, the most prestigious Gi tournament in the sport.

This podium moment marks a powerful milestone for Brumbaugh, who has been a black belt for just one year.

“I’m incredibly thankful for this opportunity, to compete at the highest level, to be healthy, and to stand among so many phenomenal women in this sport,” said Brumbaugh. “This isn’t just a medal. It’s a reminder that perseverance pays off, and that we rise because of the people who believe in us.”

Brumbaugh’s path hasn’t been easy. She has trained through adversity, from navigating tough toxic gym cultures to seeking consistent, high-level training. Finding a home at **Active JiuJitsu** reignited her

growth, allowing her to thrive as both an athlete and mentor.

She also carries a personal mission with her every time she steps on the mat. After losing her sister in a tragic car accident as a teen, Brumbaugh lives by a simple truth: **life is short: chase the podium, the dreams, and the goals now, not later. Time is promised to no one.**

“This year I earned an LLM in Privacy Law from USC and a Worlds medal from a sport I love. I’m not waiting for someday.”

Grateful for her coaches, training partners, and the entire community that’s supported her, Brumbaugh now looks ahead to the rest of the season with one goal: keep climbing.

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