

Bridgett Brumbaugh Makes Her Mark on the World Stage, Claiming Bronze at IBJJF Worlds



Austin, Texas Jun 6, 2025 ([Issuewire.com](https://www.issuewire.com)) - Fresh off her graduation from the University of Southern California, Bridgett Brumbaugh is already proving that balancing school, work, and high-level competition is not just possible, it's powerful.

Brumbaugh, a newly minted black belt with just one year at the rank, stunned the Brazilian Jiu-Jitsu world by securing **3rd place at the prestigious IBJJF World Championships**. Her performance is a testament to relentless grit, quiet discipline, and a life lived with purpose.

But her path was far from smooth. "Finding the right gym wasn't easy," Brumbaugh admits. "I bounced around a lot, trying to find somewhere that aligned with my values and training goals." That search finally ended at **Active Jiu-Jitsu**, where she found not just world-class training, but a community. Coached by **Pierre Loarte**, a seasoned black belt from Peru, Brumbaugh found her rhythm.

Between grueling training sessions and academic deadlines, Bridgett maintained a demanding

schedule that would challenge even the most seasoned athletes. Working, studying, and training with laser focus, she somehow made room for her other passions: **caring for animals** and **cultivating a peaceful, zen-centered lifestyle** amidst the chaos.

“I try to keep things balanced,” she says. “Jiu-jitsu gives me structure, but my love for animals and living mindfully keeps me grounded. Competing is just one part of who I am.”

Now a podium-finisher at one of the toughest competitions in the world, Brumbaugh is just getting started. “This is only the beginning,” she says. “I’ve had my black belt for a year—but I plan to be here for a long time.”

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Source : Active Jiu-Jitsu

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