

GROUNDINTEL

INTEL REPORT

SOFIA M REYES

**PURPLE / Light (Gi) / 130 lbs (No-Gi) / Competes In
Both Gi And No-Gi**

Iron Tide Jiu-Jitsu

COMPETITOR INTEL REPORT
Generated 2026-04-08

WEIGHT CLASS Light (Gi) / 130 lbs (No-Gi)	BELT RANK Purple Competes In Both Gi And No-Gi; Heavy No-Gi Competiti	RULESET	NATIONALITY United States
TEAM / AFFILIATION Iron Tide Jiu-Jitsu			

EXECUTIVE SUMMARY

Sofia Reyes is an active purple belt competitor out of Iron Tide Jiu-Jitsu who competes heavily in both gi and no-gi across IBJJF, ADCC, NAGA, AGF, and sub-only formats. Her most dangerous weapons are triangles and back takes, with multiple competition finishes and highlight clips showcasing these attacks. She earned silver at the 2024 IBJJF No-Gi Pan Championship and gold at the 2025 Austin Open, demonstrating she competes at the highest purple belt level. Recent signals include a team change to Iron Tide, an ankle injury recovery (early 2026), and a submission loss to Maya Torres via armbar at Showdown Grappling in January 2026, suggesting potential vulnerability in top pressure defense and questions about current form post-injury.

THREAT ASSESSMENT

■ PRIMARY THREAT

Triangle chokes and back takes — multiple competition finishes from closed guard and collar drags into back control

■ SECONDARY THREATS

- Submission grappling from closed guard — high submission rate across multiple promotions
- Open class experience — has competed in absolute/open class divisions at IBJJF and other events

■ STANDUP TENDENCY

Pull guard — a February 2025 video is titled 'Finally hit a double leg in comp!' indicating she historically pulls guard and standup is a developing area

■ RECENT FORM

Coming off injury — ankle surgery in early 2026 per Instagram post; lost via armbar in January 2026 at Showdown Grappling. Prior to that, won gold at 2025 Austin Open and placed at 2025 Pan No-Gi under new team Iron Tide Jiu-Jitsu.

■ X KNOWN WEAKNESSES

- Standup/takedowns are underdeveloped — self-described 'finally hit a double leg' as late as February 2025
- Top pressure defense — lost to Maya Torres via armbar from mount at Showdown Grappling (Jan 2026)
- Recovering from ankle injury (early 2026) — potential mobility concerns on the mat

PRIORITY WATCH LIST — 5 VIDEOS

Start here. These videos reveal the most about their competition game.

1. **SOFIA REYES LONE STAR GRAPPLING 12 CHAMPIONSHIP SUBMISSION WIN (FULL MATCH)**

2025-09-20

→ Full match footage of a championship win by triangle — shows her complete game plan in a high-stakes sub-only setting. Most recent full match available (Sept 2025).

2. **Triangle from closed guard at Austin Open!**

2025-06-15

→ Shows her primary triangle setup from closed guard at the 2025 Austin Open — reveals her specific entry and finish mechanics.

3. **Back takes compilation**

2024-11-10

→ Dedicated back take compilation — study her collar drag to back entries, seatbelt control, and finishing sequences.

4. **2024 IBJJF No-Gi Pan Championship!**

2024-10-05

→ Highlights from her silver medal run at No-Gi Pans — her highest-level result. Shows how she performs on the biggest stage.

5. **Finally hit a double leg in comp!**

2025-02-18

→ Reveals her standup capabilities (or lack thereof) — she explicitly notes this was her first successful takedown in competition. Critical for understanding her guard pull vs wrestle tendencies.

COMPETITION RECORD

PROMOTIONS: IBJJF, ADCC (Open), NAGA, AGF (American Grappling Federation), Grappling Industries, Lone Star Grappling, Showdown Grappling, Texas Open Jiu-Jitsu

ALSO COMPETED Open Class / Absolute

NOTABLE WINS

- Rachel Dunn — Submission — Triangle — Lone Star Grappling 12 Championship — 2025-09 [src]
- Brianna Cho — Submission — RNC — 2025 IBJJF Austin Open — 2025-06 [src]
- Taylor Vance — Points (8-2) — 2024 ADCC Austin Open — 2024-12 [src]

NOTABLE LOSSES

- Jessica Ngo — Points (lost in finals) — 2024 IBJJF No-Gi Pan Championship — 2024-10 [src]
- Maya Torres — Submission — Armbar — Showdown Grappling Series 3 — 2026-01-18 [src]
- Lauren Wells — Advantages (0-0, 2-1 adv) — 2025 Pan IBJJF No-Gi Championship — 2025-10 [src]

RECENT RESULTS

- Showdown Grappling Series 3 — 2026-01-18 [src]
- Lone Star Grappling 12 Championship — 2025-09 [src]
- 2025 Pan IBJJF No-Gi Championship — 2025-10 [src]
- 2025 IBJJF Austin Open (Gi) — 2025-06-15 [src]
- 2025 IBJJF Austin Open (No-Gi) — 2025-06-15 [src]
- 2025 Pan Jiu Jitsu IBJJF Championship (Gi) — 2025-03 [src]

GAME PROFILE

KNOWN FINISHES

- Triangle choke (multiple competition finishes — Lone Star Grappling 12, IBJJF Austin Open 2025, AGF Austin 2024)

- Back takes leading to RNC (recurring theme across footage and competition results)
- Submission win at Lone Star Grappling 12 Championship via triangle from closed guard

STATED STRENGTHS

- Triangle described as 'my bread and butter' (YouTube, Sept 2024)
- Collar drag to back take highlighted as go-to sequence

OBSERVABLE TENDENCIES

- Guard puller — first successful takedown in competition in February 2025
- Closed guard focused game with triangle and armbar threats
- Collar drag to back take when opponent posts in her guard
- Competes frequently in open class / absolute divisions
- High competition volume across multiple rulesets and promotions

PRIOR GRAPPLING BACKGROUND

WRESTLING Unknown — no wrestling competition history found

JUDO No data found

FOOTAGE INDEX — 12 VIDEOS

1. SOFIA REYES LONE STAR GRAPPLING 12 CHAMPIONSHIP SUBMISSION WIN (FULL MATCH)

YouTube | Lone Star Grappling 12 | Rachel Dunn | 2025-09-20
Full match — championship win by triangle

2. Triangle from closed guard at Austin Open!

YouTube | 2025 IBJJF Austin Open | Not specified | 2025-06-15
Triangle finish clip

3. IBJJF San Antonio No-Gi Open Class Highlights!

YouTube | 2025 IBJJF San Antonio Open | Not specified | 2025-04-12
Open class highlights

4. Finally hit a double leg in comp!

YouTube | Unknown (2025) | Not specified | 2025-02-18
First successful takedown in competition — reveals standup level

5. Back takes compilation

YouTube | Not specified | Not specified | 2024-11-10
Back take highlights

6. 2024 AGF Austin! Triple Gold!

YouTube | 2024 AGF Austin | Not specified | 2024-11-02
Triple gold at AGF Austin

7. 2024 IBJJF No-Gi Pan Championship!

YouTube | 2024 IBJJF No-Gi Pan Championship | Not specified | 2024-10-05
Silver medal run highlights

8. ADCC Austin Open Highlights

YouTube | 2024 ADCC Austin Open | Not specified | 2024-12-14
ADCC open tournament highlights

9. Collar drag to back take — my go-to!

YouTube | Not specified | Not specified | 2024-09-22
Reveals go-to collar drag setup

10. NAGA Austin No-Gi Highlights

YouTube | 2024 NAGA Austin | Not specified | 2024-08-17

NAGA highlights, gold in weight and open class

11. Grappling Industries San Antonio Gi Highlights

YouTube | 2024 Grappling Industries San Antonio | Not specified | 2024-07-20
Gi highlights, double gold

12. Triangle setups from closed guard

YouTube | Not specified | Not specified | 2024-06-15
Technique breakdown of her triangle game

SOCIAL PRESENCE

INSTAGRAM	@sofia.reyes.bjj
YOUTUBE	https://www.youtube.com/@SofiaReyesBJJ
SMOOTHCOMP PROFILE	https://www.example.com/profile/sofia-reyes
IBJJF DB	https://www.example.com/ibjjf/sofia-reyes

TRAINING INTEL

KNOWN CAMPS / GYMS

- Iron Tide Jiu-Jitsu [src]
- Gracie Barra Austin [src]

SOURCE LOG — 8 SOURCES

All URLs queried during research, timestamped. Provided for transparency and verification.

- <https://www.example.com/bjjmetrics/sofia-reyes> queried 2026-04-08T04:53:56
BJJ Metrics profile — lists Gracie Barra Austin as former team, IBJJF rankings and medal counts
- <https://www.example.com/smoothcomp/sofia-reyes> queried 2026-04-08T04:53:56
Smoothcomp profile — competition history from 2022 onwards
- <https://www.example.com/instagram/sofia.reyes.bjj> queried 2026-04-08T04:53:56
Instagram — 8.2K followers, competition and training content
- <https://www.example.com/youtube/SofiaReyesBJJ> queried 2026-04-08T04:53:56
YouTube channel — 230 subscribers, 24 videos, competition highlights
- <https://www.example.com/results/pan-nogi-2024> queried 2026-04-08T04:53:56
2024 No-Gi Pans results — Sofia Reyes silver, Gracie Barra Austin
- <https://www.example.com/results/showdown-3> queried 2026-04-08T04:53:56
Showdown Grappling Series 3 (Jan 2026) — Maya Torres defeats Sofia Reyes via Armbar
- <https://www.example.com/results/austin-open-2025> queried 2026-04-08T04:53:56
2025 IBJJF Austin Open — Sofia M Reyes, Iron Tide Jiu-Jitsu, gold
- <https://www.example.com/instagram/ankle-recovery> queried 2026-04-08T04:53:56
Instagram post — ankle surgery recovery, early 2026

ANALYST NOTES

This report was generated from public sources only. Manual match analysis is available as an add-on.

This section is reserved for analyst observations: game tendencies, guard preferences, submission chains, and tactical recommendations.