



BAHAMAS JUDO
FEDERATION

Annual Fundraising Banquet

Friday, May 2nd, 2025

National Training Agency, Gladstone Rd

Honouring Ministry of Sports Women's Day Awardees,
Celebrating Black Belt Rank Promotions and
Introducing our Elite Athlete Team

Inside this booklet:

- Message from The BJJ President and BOC President
- Event Programme
- About the BJJ
- A Brief History of Judo In The Bahamas
- The Family Island Program
- Meet our Elite Athlete Team
- Honorees of the Ministry of Sports Women's Day
- Black Belt Promotions
- BJJ Dojo Members
- Our Sponsors



Message from The BJJF President



D'Arcy Rahming
President
Bahamas Judo Federation



Warm Greetings to all,

Congratulations to all the honorees. We can be proud that we have all been a part of building an amazing organization that is respected internationally and shows we are a little country that punches far above its weight.

Thank you to all our supporters who continue to make Bahamian Judo possible. May God Bless you and keep you safe.

D'Arcy Rahming, 6th dan

President

Message from The BOC President

Salutations and Many Congratulations!

The Bahamas Judo Federation has experienced significant growth over the last 20 years and has done tremendous work in making judo a known and high level sport in The Bahamas.

The Bahamas Olympic Committee celebrates with you and is excited to see your continued successes!

Sincerely,

Romell Knowles

President



Romell Knowles
President
Bahamas Olympic Committee

Event Programme

7:00 PM – 7:30 PM | GUEST ARRIVAL & COCKTAIL RECEPTION

7:30 PM - 7:35 PM | INTRO OF TEAM, HONOUREES, PROMOTIONS

7:35 PM – 7:45 PM | OPENING REMARKS

7:45 PM – 8:15 PM | DINNER SERVICE BEGINS

8:15 PM – 8:30 PM | INTRODUCTION OF THE ELITE ATHLETE TEAM

8:30 PM – 8:50 PM | WOMEN'S DAY AWARD PRESENTATION

8:50 PM – 9:20 PM | BLACK BELT PROMOTIONS CEREMONY

9:20 PM – 9:40 PM | DESSERT & COFFEE

9:40 PM – 9:55 PM | CLOSING REMARKS & FUNDRAISING APPEAL

9:55 PM – 10:00 PM | FINAL TOAST & FAREWELL



About the Bahamas Judo Federation



The Bahamas Judo Federation is a volunteer organization dedicated to the advancement of Judo in The Commonwealth of The Bahamas. Since its inception in 1970, the BJJF has produced numerous elite athletes competing internationally, from State to IJF level tournaments, facilitated access to over \$750,000 in government subventions and other private sponsorships for athletes and events. BJJF has hosted several high-level events in The Bahamas including 2017 Commonwealth Youth Games and the 2018 World Juniors Championships.

The BJJF is the backbone of judo in The Bahamas. All of the administrative and political work required for getting athletes the tools they need to succeed starts here. This includes the paperwork required for signing up for International Judo Federation tournaments and programs, creating roadmaps for athletes on their Olympic journeys, developing local coaches including getting them certified by the International Judo Federation (IJF), public relations to pave the way for athlete sponsorships, recommending athletes for government subvention, creating youth and adult programs and more.



HOW TO GET INVOLVED:

Volunteering

Many hands make light work. To learn more, contact our office at olympicteam@bahamasjudo.org.

Donations and Sponsorships:

The fundraising banquet may be once a year but our athletes and programs operate year-round. You can continue to pledge your support to various programs and athletes by emailing our office at olympicteam@bahamasjudo.org.

Become a Coach or Instructor

Join us in the advancement of judo by becoming a certified coach or instructor. To learn more, email is at olympicteam@bahamasjudo.org

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Judo Through the Years



Judo in The Bahamas

60 YEARS IN THE MAKING.

It would be completely remiss to believe that judo has only just started in The Bahamas. In fact, it has taken sixty years to get to this point. Below are some of the significant points in our history that has led to today.

1965



1970S - SENSEI DON MALONE BECOMES THE FIRST BAHAMAS JUDO FEDERATION PRESIDENT.

C. 1976 - THE BJF BECOMES A MEMBER OF THE INTERNATIONAL JUDO FEDERATION (IJF).

2008 - JUDO IS REPRESENTED AT THE OLYMPIC YOUTH CAMP DURING THE 2008 OLYMPIC GAMES.



1966 - THE FIRST WRITTEN EXAMPLE OF JUDO IN THE BAHAMAS.



1975 - PAUL CHRISTOFILIS TRAINS AT THE KODOKAN IN JAPAN FOR 18 MONTHS AND RECEIVES HIS BLACK BELT.

2007 - BAHAMAS WINS 5 MEDALS AT THE US JUNIOR JUDO OPEN.



2008 - TARYN BUTLER WINS SILVER AT JUDO CONTINENTAL CHAMPIONSHIP.

2009 - BAHAMAS GOES TO THE WORLD CADET CHAMPIONSHIPS FOR THE FIRST TIME.



2010 - CYNTHIA RAHMING BEATS TOP US CADET AT OCEAN STATE INTERNATIONAL AND SECURES A GOLD.

2010 - CYNTHIA RAHMING DEFEATS INDIAN CHAMPION AT THE YOUTH OLYMPIC GAMES.



2017 - THE BAHAMAS HOSTS CARIFTA JUDO FOR THE FIRST TIME. TEAM BAHAMAS DOMINATES.

2013 - BAHAMAS WINS 14 MEDALS AT BARBADOS INTERNATIONAL CARIBBEAN JUDO CHAMPIONSHIPS.

2017 - THE BAHAMAS HOSTS JUDO AT THE COMMONWEALTH YOUTH GAMES AND TAKES HOME 2 BRONZE MEDALS.

2018 - THE BAHAMAS HOSTS THE WORLD CHAMPIONSHIPS JUNIORS.



2019 - HURRICANE DORIAN DESTROYS THE ABACO JUDO CLUB.

2018 - CYNTHIA RAHMING WINS BRONZE AT THE PANAM OPEN CHAMPIONSHIPS MARKING THE FIRST TIME AN ENGLISH-SPEAKING COUNTRY HAS WON A CONTINENTAL MEDAL AT THIS LEVEL.





2019 - NEW JUDOKAS BEGIN TO TAKE MORE WINS AT LARGER INTERNATIONAL COMPETITIONS.

2020 - CYNTHIA RAHMING MAKES THE PROVISIONAL OLYMPIC LIST BUT ULTIMATELY MISSES QUALIFYING BY A SINGLE MATCH.



2023 - XAVION JOHNSON WINS GOLD AT THE MATSUMAE CUP, ONE OF MANY GOLDS WON IN 2023.

2023 - XAVION JOHNSON WINS BRONZE AT THE 2023 PAN AMERICAN OCEANIA CHAMPIONSHIPS IN CALGARY, CANADA.

2024 - KARRA HANNA WINS THE QUEBEC OPEN.



2020 - COVID BRINGS JUDO TO A HALT AS IN PERSON TRAINING IS NOT PERMITTED.

2022 - DANIEL STRACHAN CLINCHES SILVER IN THE INAUGURAL CARIBBEAN GAMES.



2023 - CYNTHIA RAHMING RETIRES AFTER 14 YEARS OF PROFESSIONAL COMPETITION.

2024 - ALEXANDER STRACHAN PLACES THIRD IN THE PANAMERICAN OPEN.



AND IN 2025...

JANUARY 2025

- DANIEL AND ALEXANDER STRACHAN EACH TAKE HOME GOLD IN THE NEW JERSEY OPEN.

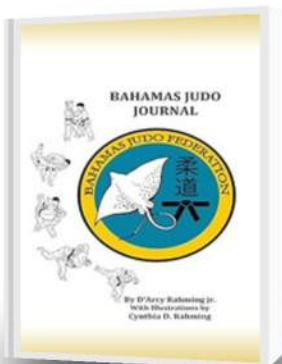
FEBRUARY 2025

- DANIEL AND ALEXANDER STRACHAN BOTH SECURE GOLD AT THE PRINCETON WINTER JUDO INVITATIONAL IN PRINCETON, NEW JERSEY.

APRIL 2025

- XAVION JOHNSON SCORES A BRONZE IN THE PANAMERICAN JUNIORS CUP AND SUBSEQUENTLY PLACES FIFTH AT THE PANAMERICAN OCEANIA CHAMPIONSHIPS JUNIORS.
- TARA BAIN WINS GOLD AT THE GARDEN STATE JUDO CLASSIC.
- XAVION JOHNSON OFFICIALLY RANKS 4TH IN THE REGION AND 19TH IN THE WORLD IN JUNIORS.
- XAVION JOHNSON QUALIFIES FOR THE PAN AMERICAN JUNIORS GAMES.
- KARRA HANNA GOES THE FULL DISTANCE WITH THE 2024 OLYMPIC CHAMPION (A FULL FOUR MINUTES) AT THE PANAMERICAN AND OCEANIA SENIOR CHAMPIONSHIPS.
- IN THE SAME COMPETITION, KARRA ULTIMATELY PLACES FIFTH, MARKING THE HIGHEST ANY BAHAMIAN HAS PLACED IN A TOURNAMENT OF THIS CALIBER.
- KARRA HANNA OFFICIALLY RANKS 80TH IN THE WORLD, THE HIGHEST A BAHAMIAN SENIOR JUDOKA HAS EVER RANKED.

... AND WE'RE ONLY FOUR MONTHS IN.



Want to Learn More About The History of Judo in The Bahamas?

For a detailed history of the first 50 years of Judo in The Bahamas, check out **Bahamas Judo Journal** written by D'Arcy Rahming Jr. and Illustrated by Cynthia Rahming on Amazon. **Scan the QR code to order now!**



Family Island Program



Elite Athletes from the Abaco Judo Club

The fact that natural talent is in abundance in The Bahamas and one of many truths that cannot be denied about our small yet mighty country. As both a way to introduce this amazing sport to more and to widen the Olympic talent pool, the Bahamas Judo Federation has started the Family Island Program.

The BJF will spread judo throughout the family islands as a part of the Bahamas Combat Sports Festival. The Combat Sports Festival was developed to foster the Olympic values of Respect, Excellence, and Friendship, while tapping into the talent found in the family island communities.

This festival will be run in conjunction with the Boxing and Fencing Federation, which are also Olympic sports. Communities will benefit through the training of local athletes, coaches and administrators. The goal is participation of these sports in the Bahamas Games. Communities can develop activities around these festivals which will occur monthly in various family islands.



Athletes start at a young age to develop the right skills.

OTHER WAYS TO GET INVOLVED

In addition to donations, there are a several ways you can help the Family Island Program.

1. We are currently seeking individuals to assist with the building of the Tatami Storage Units. Tatami is the Japanese name for the judo mats used for safe practice and competition. The mats require proper care and maintenance for longevity. Having proper storage is one of the ways to properly care for it.

2. Become a coach or instructor. These are paid positions that further the judo skill set in The Bahamas. Coaches and Instructors have the opportunity to travel to receive additional certifications and training from the International Judo Federation.



Sensei Al Lill and Team bring home gold.

Contact olympicteam@bahamasjudo.org to learn more.

2025 ELITE JUDO TEAM



Meet Our Elite Athletes

OUR ELITE ATHLETE TEAM CONSISTS OF MULTIPLE HIGH-LEVEL PROFESSIONAL JUDOKAS THAT ALL COMPETE INTERNATIONALLY AT VARIOUS LEVELS. THEY DEDICATE AT LEAST 10-15 HOURS A WEEK AT THE CADET LEVEL AND AT THE SENIOR LEVEL, MANY ATHLETES ARE FULL TIME AND TRAIN 25-36 HOURS PER WEEK. ELITE ATHLETES ON THE OLYMPIC RUN COMPETE AT IJF LEVEL TOURNAMENTS, ALSO KNOWN AS THE IJF WORLD TOUR, FOR POINTS TO QUALIFY.



TARA BAIN - SENIOR WOMENS UNDER 57 KG

NOTABLE ACHIEVEMENTS:
2024 US OPEN FIFTH PLACE
2025 GOLDEN STATE JUDO CLASSIC GOLD MEDALIST

TRAINING BASE: NASSAU, BAHAMAS



XAVION JOHNSON - JUNIOR/SENIOR MENS UNDER 66 KG

NOTABLE ACHIEVEMENTS:
CURRENTLY RANKED 5TH IN THE REGION AND 19TH IN THE WORLD IN JUNIORS
2025 PAN AMERICAN JUNIORS CUP BRONZE MEDALIST
2023 PAN AMERICAN OCEANIA CHAMPIONSHIPS BRONZE MEDALIST

TRAINING BASE: MONTREAL, CANADA



KARRA HANNA - SENIOR WOMENS +78 KG

NOTABLE ACHIEVEMENTS:
2017 CARIFTA GAMES GOLD MEDALIST
2024 QUEBEC OPEN GOLD MEDALIST
2025 PAN AMERICAN CHAMPIONSHIPS FIFTH PLACE
CURRENTLY RANKED 80TH IN THE WORLD

TRAINING BASE: NASSAU, BAHAMAS



ALEXANDER STRACHAN - SENIOR MENS UNDER 90 KG

NOTABLE ACHIEVEMENTS:
2024 PANAMERICAN OPEN BRONZE MEDALIST
2025 NEW JERSEY OPEN GOLD MEDAL

TRAINING BASE: NEW JERSEY, USA

Our Elite Athletes Continued



DANIEL STRACHAN - SENIOR MENS UNDER

NOTABLE ACHIEVEMENTS:

2022 SILVER MEDALIST CARIBBEAN GAMES
2025 NEW JERSEY OPEN GOLD MEDALIST

TRAINING BASE: NEW JERSEY, USA



ANDREW MUNNINGS - SENIOR MENS UNDER 73 KG

NOTABLE ACHIEVEMENTS:

2017 CARIFTA GAMES SILVER MEDALIST
REPRESENTED THE BAHAMAS IN OVER 25 IJF EVENTS SINCE 2016

TRAINING BASE: TBILISI, GEORGIA



JOSHUA MCFALL - SENIOR MENS UNDER 73 KG

NOTABLE ACHIEVEMENTS:

2024 NOVA SCOTIA PROVINCIAL CHAMPIONSHIPS GOLD MEDALIST
2024 NUMA CUP BRONZE MEDALIST

TRAINING BASE: NOVA SCOTIA, CANADA

AND INTRODUCING OUR NEWEST ELITE MEMBER...



KEILESHA SAUNDERS - CADETS FEMALE UNDER 40 KG

NOTABLE ACHIEVEMENTS:

2019, 2020, 2022, 2024 US OPEN GOLD MEDALIST

TRAINING BASE: NASSAU, BAHAMAS

SUPPORT THESE ATHLETES BY FOLLOWING THEIR SOCIAL MEDIA ACCOUNTS AND SPONSORING THEIR OLYMPIC JOURNEYS. CONTACT YOUR RESPECTIVE ATHLETE FOR MORE INFO ON HOW YOU CAN HELP.

Ministry of Youth, Sports and Culture Women's Day Honorees

The MOYSC has honoured 10 remarkable women who made significant contributions to judo over the years for this year's International Women's Day celebrated March 8th, 2025. Today, we take a moment to celebrate some of the amazing women that have helped to shape Judo in The Bahamas.

For a more detailed description of what they've done, visit our website at www.bahamasjudo.org.



S. MELANIE LOBOSKY
Referee

"Her dedication to advancing her skills led her to travel with the Bahamas Judo team and other officials to Barbados, where she participated as a referee, and to Miami, Florida, for advanced referee training with numerous international referees."



REGINA PAROTTI
Sensei and Coach

"She became the Head Coach of the Abaco Judo. During her tenure as Coach her students competed in many national and international tournaments successfully, earned the school a Judo Club of the Year."



ORDAIN MOSS
Media Planner

"Ordain has been an invaluable asset to the federation, using her skills in media and communications to elevate Bahamian judo on the global stage."



**CYNTHIA MUNNINGS
(NÉE RAHMING)**
Retired Athlete and
Coach

"During her peak, Munnings was the first Bahamian to qualify for an Olympic Games in judo, and ranked 8th in the Pan American Region and 96th in the World Ranking."

Women's Day Honorees Continued



ALTERENE NEWRY

Dedicated Administrator
and Mentor

"Mrs. Newry spent nearly 16 years as the administrator for the All-Star Family Center, a premier martial arts school in the Bahamas and the headquarters for the Bahamas Judo Federation."



**MEISHELLE MONEIK
BASTIAN-WILLIAMS**

Administrator

"A Vice President of the Bahamas Judo Federation... Mrs. Williams travelled with the national team when international tournaments commenced and became the mother, cheerleader, stand-in coach, massage therapist for the team."



RAVEN PENNERMAN

Athlete and Defensive
Tactics Instructor

"Her passion for both judo and self-defense training has allowed her to inspire and mentor the next generation of Bahamian athletes and defense personnel."



ERIKA CULMER

Athlete, Olympic Youth
Ambassador, and
Photographer

"As one of the first female international competitors of The Bahamas, Culmer also represented our country as one of two athletes selected for the Youth Olympic Camp held during the 2008 Olympic Games in Beijing, China."



DR MYRURGIA HERNANDEZ

High Performance Coach

"Sensei Hernandez joined The Bahamas Judo Federation since its inception as a High-Performance Coach, teaching Judo athletes: How to compete, Mental Readiness for Competitions, Physical Conditioning for High-Performance, among other high-level competitions tactics"



KARRA HANNA

Athlete

"[Karra won] a Gold medal in Quebec Open 2024, a Gold medal in Carifta 2016, and a Bronze medal at the Commonwealth Youth Games 2017 which was the first medal for The Bahamas ever in this international event."

2025 Black Belt Promotions

SHODAN (FIRST DEGREE)

Karra Hanna

NIDAN (SECOND DEGREE)

Joshua McFall
Andrew Munnings

SANDAN (THIRD DEGREE)

Omri Kelly
Cynthia Munnings

YONDAN (FOURTH DEGREE)

David Rahming Jr.
Regina Parotti
Mario Pavan
Willard McKenzie
Myrurgia Hernandez
Diane Wallander
D'Arcy Rahming Jr.
S. Melanie Lobosky

GODAN (FIFTH DEGREE)

Reno Culmer
Oneysi Portorreal Pons
Gamal Newry
Dr. John Rodgers

ROKUDAN (SIXTH DEGREE)

Mickey Munnings

SHICHIDAN (SEVENTH DEGREE)

Paul Christofilis

Congratulations!



BJF Affiliated Dojos

Association of Nassau Clubs and In-School Programs

Summit Judo & Jujutsu

Sensei: Willard Mckenzie
Location: Edmund Moxey Center,
Baillou Hill Rd
Tel: 242-437-5661

Eastwood Judo

Sensei: Mickey Munnings
Location: Prince Charles
Tel: 242-557-1310

All Star Judo and Jujutsu

Sensei: D'Arcy Rahming Sr
Location: Quantum Plaza, Soldier
Road
Tel: 242-359-2465

Association of Family Island Clubs and In-School Programs

Eleuthera & Exuma Judo

Sensei: Oneysi Pons
Location: Eleuthera & Exuma
Tel: 242-357-8525

Abaco Judo

Sensei: Regina Parotti
Location: Marsh Harbour
Tel: 242-475-1632

Association of Tertiary Education Institutions

University of the Bahamas

Sensei: D'Arcy Rahming
Location: UB Campus - University
Drive
Tel: 242-359-2465

National Team

Olympic Team

Sensei: D'Arcy Rahming Jr, Level 2
IJF Coach, ICECP Honours Recipient
(IOC)
email:
olympicteam@bahamasjudo.org

Association of Para-Olympic and Special Olympic Clubs

Special Olympics

Sensei: David Rahming
Tel: 242-525-3799

Special Request



Like many other businesses and homes in Abaco, the Abaco Judo Club was destroyed as a result of Hurricane Dorion in 2019. The Abaco Judo Club is where many past elite judo athletes got their start. Efforts have been underway to rebuild this significant dojo but it needs your help.

Donate now to help rebuild this home of future Bahamian Olympians by contacting Regina Parotti at (242) 475-1632.

Your support is greatly appreciated.

THANK YOU TO OUR SPONSORS.

**Your support allows us to move
forward as a sport and as a nation.**

TO SPONSOR A JUDO PROGRAM:

Current Programs
Available for Sponsorship:

- The Family Island Program

Please contact us at
olympicteam@bahamasjudo.org
for more information on how
you can sponsor this
fundamental program.

Want to Volunteer or Become a Coach or Instructor?

Contact us today at
olympicteam@bahamasjudo.org for more
information.

TO SPONSOR AN ELITE ATHLETE:

Our Elite Athletes:

- Andrew Munnings
- Tara Bain
- Joshua McFall
- Alexander Strachan
- Daniel Strachan
- Karra Hanna
- Xavion Johnson
- Keilesa Saunders

Please contact athletes directly or
contact the BJF Office at
olympicteam@bahamasjudo.org
for their contact information.

Note:

Athletic sponsorships go directly to
athletes. The BJF does not collect
money on behalf of athletes, unless
required by the body providing the
sponsorship.

Congratulations to Atterene Newry



LOVE FROM THE NEWRY FAMILY

Congratulations MYRURGIA



We wish you the best on your continued successes!

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Congratulations to Meishelle Williams

From the Pastor,
Officers and Members of
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CONGRATULATIONS TO DANIEL AND
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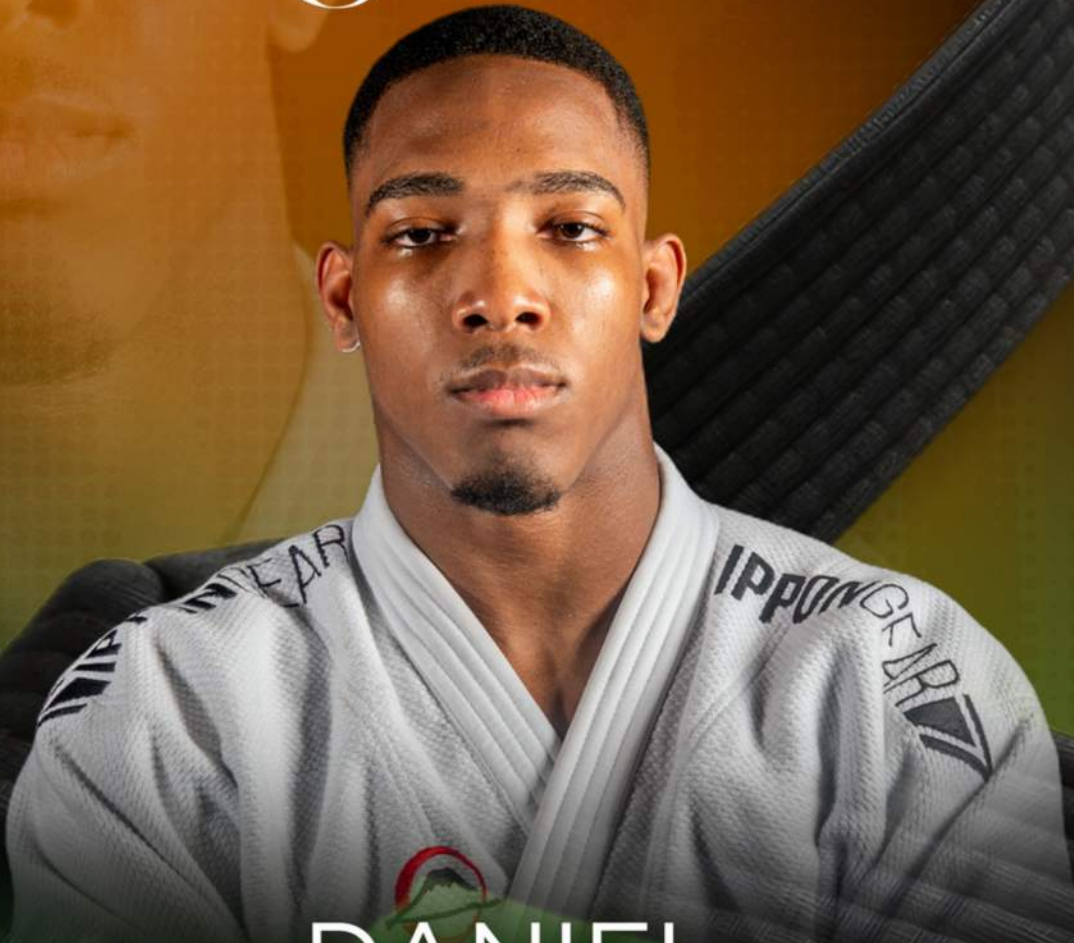
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ISLAND LUCK CARES

congratulates



DANIEL
STRACHAN

BEST OF LUCK



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Andrew

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Congratulations Meishelle Williams!

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Congratulations Xavion! I'm so proud of you!

ORDAIN MOSS
 Founder & CEO

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brendanfoulkes@gmail.com

Congratulations Xavion Johnson

Continue to make us proud!

Congratulations



Congratulations Omri! We are so proud of you!

Pachino's Store
Queen's Highway
Governors Harbour, Eleuthera
Tel: (242)551-1317

**Congratulations
Erika Culmer!**

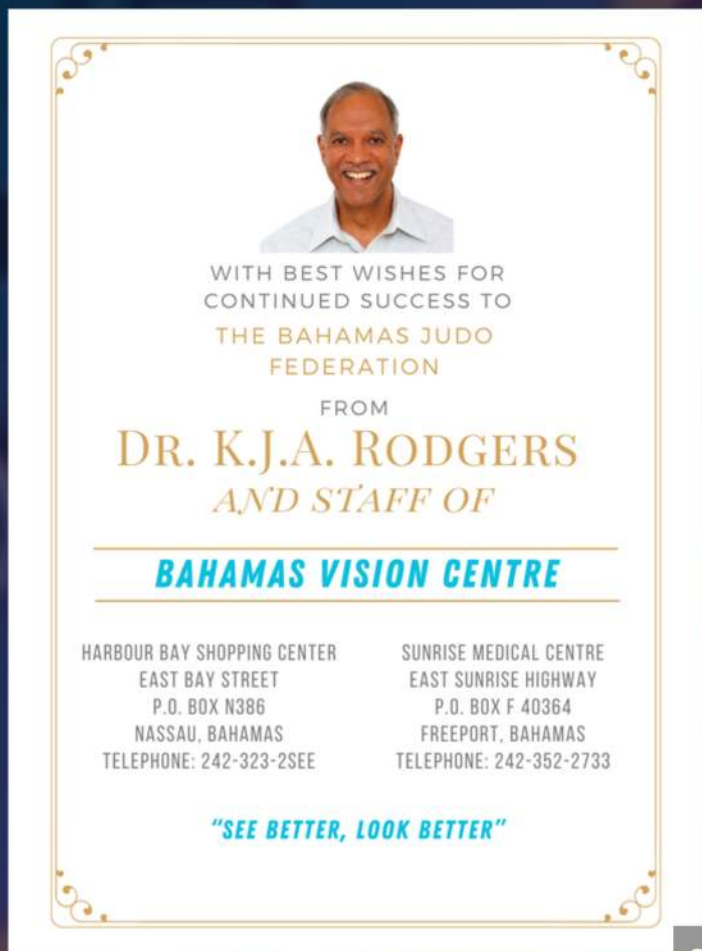


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DANIEL STRACHAN

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Thank You
and
Congratulations
**TO MRS. ALTERENE
NEWRY**

Thank you for your tireless
dedication and for your love and
kindness over the years.

We wish you the best.

Love,
D'Arcy, Benita, D'Arcy Jr, Erika, and
Cynthia



**Congratulations
to Alexander and
Daniel Strachan!
We support you!**

from
A.C. Knowles Trans Ltd.



Daniel

Alexander

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- DERRICK KNOWLES -
PRESIDENT

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Nassau, Bahamas

**CONGRATULATIONS TO MEISHELLE
WILLIAMS FROM RECORDS ARCHIVING
AND MANAGEMENT!**



JUSTRAMIT7250@GMAIL.COM
824-7250

**Congratulations to Daniel and
Alexander on your
accomplishments. Continue to
soar as God continues to guide
and protect you in your endeavors.
We are proud of you!**

**Love, Goddie Lesa, Dr. Kevin and
Katelynn Simmons**

CONGRATULATIONS TARA!

We are so proud of you! You have done a wonderful job
so far. We wish you the best!

From,
Sarah and Eden



Congratulations Omri!

**With Love,
Paul Simmons Customs
Brokerage**

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Eleuthera, Bahamas

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**Congratulations to
S. Melanie Lobosky
on your award and
promotion!**



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**CONGRATULATIONS
DANIEL & ALEXANDER!**

**SUPPORT
YOU!**

-KAREN JOHNSON



CONGRATULATIONS
TARA!

**I'M SO PROUD OF
YOU! KEEP UP THE
GOOD WORK!**

**LOVE,
MOM**



WE CONGRATULATE YOU MELANIE!



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**We are so proud of your achievements and
contributions to the sport of Judo in the Bahamas.
Continue to strive for excellence! We love you and
thank God for you!**

**Blessings Always,
Pedro & Michelle Ferguson**



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On your many accomplishments!

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Thank you!

