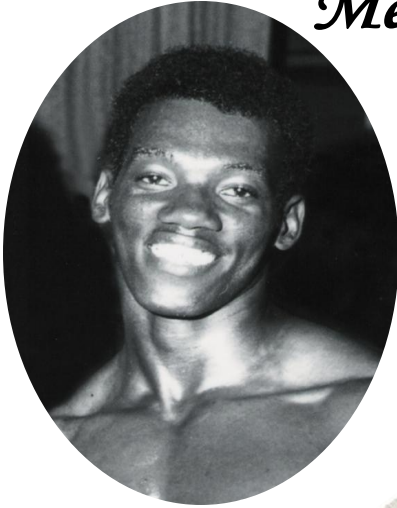


## *Members of the Class of 2003 Kingsley Poitier*



**Relying upon the natural physical gifts** with which he was so heavily endowed, Kingsley Poitier was to become recognized as the ultimate purveyor of physical intelligence, exhibiting an amazing symmetry of body that stoked the meta-physical pleasure-centres of bodybuilding enthusiasts the world over.. He success was due as much to the ingenuity he utilized in his training as it was to his prolific work ethic.

**Mr. Poitier forged the muscles** of his body by selectively consuming native Bahamian food stuff. In addition, he was among those invented a new style of posing which revolutionized the manner in which bodybuilders maneuvered themselves from one pose to another, initiating and then maintaining an openly rhythmic pattern of movement, almost a slow dance, that seemingly fused into a single coordinated whole, all the differing and diverse moves required to exhibit the tonality and degrees of development of one's various muscle groups.

**Kingsley drew the awe** of the local bodybuilding fraternity by repeatedly winning the Mr. Bahamas title before advancing to the international arena during the 1960's. Thereafter, he became the source of marvel to the outside world, attracting the attention of international competitors and judges, all of whom were so impressed with his physique that they continually quizzed him about his diet and his training regime. And in generous Bahamian fashion, he shared his trade secrets with all who would listen and learn.

**Poitier establish himself** among the elite bodybuilders of the world in 1962 when he won the Most Muscular Award at the Mr. Universe Contest in New York. Two yeas later, in 1964, he again won the Most Muscular Award at the Mr. World Championships in Montreal, Canada. These performances broke new ground in Bahamian bodybuilding as they marked the first time that a Bahamian has achieved any kind of world title in the sport of bodybuilding. The best ws yet to come however, for in 1965 at the Paul Sauve Center in Canada, Poitier won the Mr. World title, becoming the first in a long line of Bahamians who ascended the podium as a World Champion bodybuilder.

**For all these individuals efforts** however, it was Kingsley who brought rhythmic artistry to posing and thereby it might rightly be claimed that upon his broad shoulders stands all present and future Bahamian bodybuilding champions.