

PROMISING ATHLETES PROGRAMME
ATHLETE BIO

DANIEL RABBIT

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Sport

Judo

Most notable achievement

- Represented Team GB and earned a 5th place finish at the Youth Olympics, obtaining a silver medal at European Cup and being 2 x British Champion and 5 x Welsh Champion.

Goals and future aspirations

- To obtain a medal at the commonwealth games, Worlds, European Championships and Olympic Games.





PROMISING ATHLETES PROGRAMME

DANIEL RABBIT

CARDIFF

Welshman Daniel Rabbit is an elite athlete competing right at the top of his chosen sport, Judo.

Standing as an Olympic sport, Judo is a system of unarmed combat, modern Japanese martial art. Daniel is currently the 3rd highest rank Judo athlete in the UK and the number 1 in Wales.

Interestingly, it was Daniel's mother who ignited his passion for the sport. She was working at the University of South Wales and saw a Judo class advertised before suggesting Daniel should attend. He did and fell in love.

Daniel excelled in his early years in the sport and was quickly picked up by British Judo, the national governing body for the Olympic sport of judo in Great Britain. In 2017, he was chosen as a player of the year by the association.

He then went onto represent Team GB at the Youth Olympics as well as obtaining a silver medal at the European Cup and becoming 2 x British Champion and 5 x Welsh Champion.

Now an established name in the sport, Daniel has ambitions of representing Great Britain at the Olympics and hopefully bringing home a medal for his country. Daniel also hopes to emulate his role model Shohei Ono who is a two time Olympic champion.

Daniel already has access to excellent health and fitness facilities through the Welsh institute of sport however the pool and sauna access at Cardiff International will aid his recovery from training, something his existing facilities cannot offer.

Daniel hopes to further his training regime at Cardiff International Pool and bring it home for Team GB at the next Olympics!



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