



HJFMRI

HJF Medical Research International, Inc.
Tanzania

A collaboration with U.S. DoD

September 11, 2018

To whom it may concern,

I've had the pleasure of knowing Chris Herre for over two years and have become good friends on both a personal and professional level.

I've been living and working in Tanzania for over 3 years and hold the position of Senior Operations Director with a U.S. based NGO. As one can imagine that work can be rewarding yet very challenging, coupled with living abroad and life can be stressful. I look for stress relief and balance through exercise and quickly found out through the expat community that Chris was a former professional boxer and excellent trainer.

Soon after meeting Chris and getting to know him, I looked forward to training with him like many others here in Dar es Salaam. Chris is the ultimate professional when working with his clients. Friendship aside, you are his customer and provides excellent customer service. He listens to his clients and puts together personalized training sessions for all levels of athleticism. He brings an excitement and commitment to boxing that is truly infectious.

Chris also has a embroidery and custom leather goods business. Just as with his boxing, he is perfecting this business as well and has produced some amazing customized items for me and family, from embroidery to matching custom leather bags for me and my wife.

Chris provides a very comfortable atmosphere conducive to a great working relationship in that he is always professional, customer oriented and has a high sense of integrity. This is the reason his businesses continue to flourish.

I highly recommend Mr. Herre and will continue to do business with him no matter where I live in this world...he is just that good!

Kind regards,

Eric P. Black
Senior Operations Director



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FROM THE AMERICAN PEOPLE

17 September 2018

To Whom It May Concern:

I've trained closely with Chris Herre for the past three years while both of us were living and working in Dar es Salaam, Tanzania. I work as the Senior Strategic Information Advisor for the Health Office at USAID Tanzania.

I met Chris through his group boxing lessons at the US Embassy, but quickly decided that personal training from Chris would be best and afford me the fastest progress. I had boxed before, informally, with friends and at various MMA gyms in South Africa, but I had never had a professional boxing trainer, so I was eager to learn from Chris.

I was not disappointed. We started out with one-on-one sessions lasting an hour, which quickly showed me how little I knew about boxing. Chris is a great teacher: patient and friendly. He knows his students well and knows how to tailor his skills-building and strategic advice to each student's level. I know this because after training personally with Chris for several months, he started group sparring sessions with several of his students. These sessions allowed me to see how Chris tailors his advice to each student's abilities, physical size, and experience. Me, I was ducking too low. Another student was dropping his hands. Another failed to move his head. These group sessions were great for all students, expanding our confidence and courage, as well as our boxing knowledge and skills and our fitness. I don't know of a sport as exhausting as boxing. Yet Chris managed to ensure that we were safe and friendly at all times, since this was white collar boxing. He made sure that no one would spar until Chris deemed them ready and possessing the right, friendly attitude.

I have gained greatly from my training with Chris and am sure others interested in boxing will too. While in Tanzania, I have seen Chris train all manner of students: young and old, male and female, and even children. Yet he ensures that the training is done in a safe and collegial manner.

I highly recommend Chris Herre for anyone who wants to learn more about boxing and fitness, from the beginner to the somewhat more experienced, like myself. Training with Chris has been very rewarding for me.

Sincerely,

Todd Koppenhaver
Senior Strategic Information Advisor
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