

Letter of thanks

With great pleasure, I have over the past year attended Chris Herre's boxing class here in Dar es Salaam. This has been a wonderful opportunity to exercise and to learn the skills of this special sport. My joy and satisfaction are 100% due to the enthusiasm, professionalism, patience, and great spirit of Chris. Possessing skills and knowledge is one thing, knowing how to transfer these is another. Chris has both and that is a special combination. I am grateful to him for the multiple sessions, the great atmosphere, and the improvements made.

Dar es Salaam, 09 September 2018



Paul Quarles van Ufford

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