

## Noon Meeting – Tuesday, November 3, 2009



Our speakers for the day were George and Sarah Andersch – they were introduced by former member Tim Stark.



George Andersch giving us an update on Brazilian Jiu-Jitsu and its impact on Ultimate Fighting Championships.



Sarah Andresch gives us an update on the Fitness, Self Control and Confidence, and other training aspects of the BJJ Academy.



Two submitted applications for Membership today – Kent Campbell, WF Chamber, and Chuck Driscoll, Red River Refrigeration.

Kevin Skoog opened the meeting with some announcements – our meeting on November 10<sup>th</sup> will be in the Speedway Restaurant as compared to the Event Center, and the Christmas Party will be December 15<sup>th</sup> at 6:30pm at the Hilton Garden Inn. Brad Huseby was not able to attend the meeting to introduce his speaker so Tim Stark did the honors. George and Sarah Andersch run the Brazilian Jui-Jitsu Academy in south Fargo. They started the Academy about a year ago. George spoke first to the members. He gave us the background of how the Gracie family brought the Brazilian Marshall Art form to the United States from Brazil. It started in Japan as Judo. The difference between Jui-Jitsu and other Marshall Arts is that there is more of a game plan or approach to a fight from beginning to end – how to handle and subdue and opponent. It is very popular with the Ultimate Fighting Championships and is the fastest growing sport in the world. Sarah is a former School Counselor and is in charge of the local academy and training. The main objective is to teach members how to handle themselves – they teach how to ask for help, avoid dangerous situations (safety), how to handle strangers, respect, good attitudes, self control, good touches-bad touches, and developing good habits. The ideal age to start this training is age seven. Kid's classes meet two times a week for 45 minutes. Adults meet three times a week for an hour. There are about 4 to 5 kids in a class, 10 to 12 older kids in a class, and from 15 to 30 in the adult classes. This type of training is excellent in the development of young ladies to stand up for themselves, take care of themselves, escape grips, get way when being held down, and how to handle bully's. The Brazilian Academy is located on 13<sup>th</sup> Avenue South east of 25<sup>th</sup> Street. Thanks, Brad and Tim.

**Attendance – 23 Members and 3 Guests**  
**Meal – Baked Chicken, Fried Potatoes, and Peas.**  
**Dessert – Banana Foster Bread Pudding**  
**Program – Brad Huseby**  
**Meeting Leader – Kevin Skoog**



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