

Karatekas excel at 2017 championships



Congratulations to Hendrik Myburgh on a spectacular performance at the TSKKIA All styles competition that took place from 16-17 September. Myburgh competed in numerous disciplines including kata, kumite, sword kata, sward cutting, sword fighting, arrow kata, archery and grappling. He won gold medals in almost all his disciplines – a true 2017 TSKKIA National Champion. With Myburgh in the photo is Soritsu Sha Shihan Albert Venter on the left.



The Second Dan Senseis of the Tokon Shotokan Karate senior male Unison team, from left: Sensei Stephanus du Plessis, Sensei Pieter Venter and Sensei Wilfred Kilian. This team pocketed second place in the overall Unison Kata competition held on 16-17 September. They performed Nijushiho, a traditional Shotokan Kata, and had the spectators on the edge of the seats as they battled it out. This team took gold in most of their divisions, and were all also awarded as 2017 TSKKIA National champions.



Members of the Tokon Shotokan Karate senior Female Bo Unison team, from left: Senpai Anjelita Maia, Sensai Tana Maia, Senpai Nivenka Stanton and Sensei Celeste Green. This team took first place in the Bo Kata division and was awarded TSKKIA National champions for 2017. For more information contact the TSKKIA HQ at 082-463 1073 or mail tskkia@gmail.com.

Movember around the corner!

The hairiest month of the year is almost here, Movember! Join the global movement helping men live happier, healthier, longer lives. In South Africa, prostate cancer is the second leading cause of cancer death, while male suicide accounts for approximately 18 deaths a day. Currently, men in South Africa have a life expectancy that is seven years'

shorter than that of women. The Men's Foundation aims to reduce the number of men dying prematurely by 25% by 2030. For more information visit <https://za.movember.com>.



Help collect sanitary towels

Rustenburg – Hlompho Modeling Agency hosted a lunch for its contestants of Miss Platinum City 2017 at the Waterfall Mall on 16 September. As a role model to the runners-up and upcoming young models, Miss Platinum City engages with the community and makes a difference in the lives of people she would meet during her reign. Says Mami Motsi, owner of Hlompho Modeling Agency: "We are making a difference by collecting sanitary towels to donate to a school in Moruleng. We are in urgent need of donations and would appreciate all we can get." For more information contact 079-726 4682.



From left: Katlego Lesejane, Reolebogile Mooketsi and Onnalenna Molatlhegi.

K9 meet the kids

Rustenburg – The Phokeng K9 Unit visited the School for Buitengewone Onderwys on 28 September, to introduce their dogs and showcase what these animals are capable of. Captain Arlow showed the children how the dogs are trained. Shadow, one of the K9 dogs, took it upon herself to show


that not only does she do the job she has been trained for, but could also get the kids laughing at her silly antics. Babi Els, principal of the school says: "We are happy to have the Phokeng K9 Unit visit our school. The children were thrilled to interact with Shadow. We look forward to the next visit."




The kids meeting captain Quentin Arlow and Shadow.



Captain Arlow rewards Shadow for finding an explosive device.



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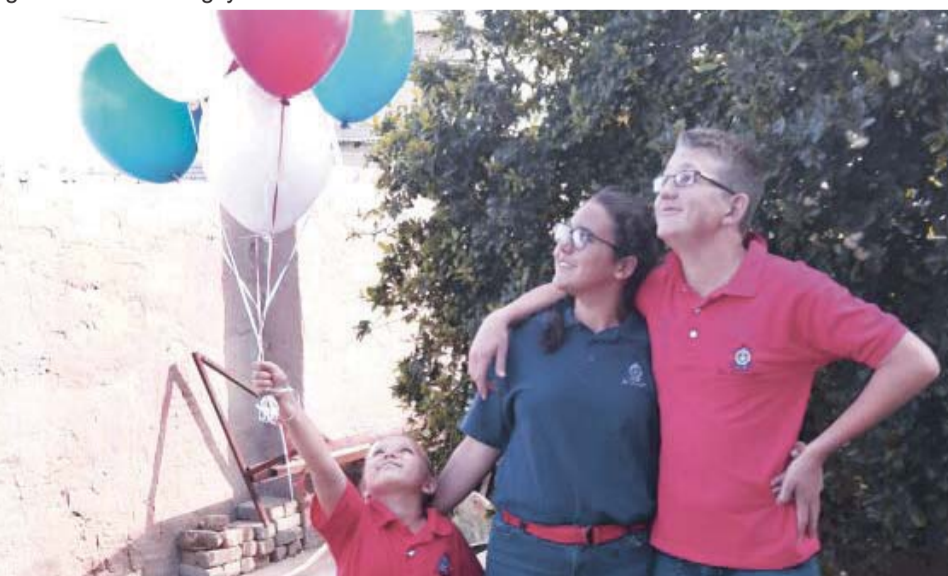


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Voortrekkers vier 86ste bestaansjaar

Rustenburg – Op Saterdag, 30 September, 'n diens lewer aan die jeug van Suid-Afrika het die Voortrekkers hul 86ste verjaarsdag gevier – dit is 'n lang tyd wat die Voortrekkers



Hier staan Nicolene, Johandrie en Albert met die Magalieskruin Voortrekkers se verjaarsdagballonne. Hou hul facebook blad dop vir meer avonture!