



Shihan Albert Venter (5de dan Shotokan Karate asook 10de vlak Ken en lai Jutsu) saam met Sensei Owen Mc Cree (1ste Dan Shotokan Karate en hoof van die Grappling afdeling) demonstreer die nuwe TSKKIA Grappling tegnieke tydens 'n klas by die Metodiste Kerk (Rustenburg).

Nuwe Grappling Tegnieke

Rustenburg – Die nuwe 'Grappling' tegnieke, 'n vorm van veg tegnieke, sal vanaf 2012 by die TSKKIA aangebied word.

TSKKIA wat nou bekendheid verwerf as 'n 'Alle-Style' Federasie op internasionale vlak bied Hoof Instrueteurs wat spesialiseer in Shotokan Karate, Jujutsu, Taekwondo, Kung Fu, Judo asook Ken en lai Jutsu.

TSKKIA studente kan werklik met trots sê dat hulle die beste van alle style ondervind! En wat dit so wonderlik maak is dat TSKKIA sy oorsprong vanuit Rustenburg maak onder die lyding van Shihan Albert.

Vir enige navrae oor hierdie Federasie skakel die TSKKIA Hoof Kantoor gerus by 082 463 1073 of besoek ons by www.tokonkarateonline.com of sien ons video's deur TSKKIA te Google.

Stars focus on league campaign

Rustenburg – After being bundled out of the Telkom Knockout by Santos, Platinum Stars are now focusing on their campaign in the Premier Soccer League, where they are targeting a finish among the top eight teams at the end of this season.

While Platinum Stars Owen da Gama is disappointed with his charges' 5 – 3 defeat in a penalty shootout after the match ended with a 1 – 1 score-line, he still remains optimistic that the team will bounce back by performing well in the league matches. "It is always disappointing to lose through penalties... Obviously I am not happy. However, we played well and I thought we should have won," said da Gama.

"The good thing is that we can now focus on our league matches and we intend to do well by making sure that we remain unbeaten at home. We also have an important cup competition that will be coming up which will be hosted this coming weekend. We intend to do well in the tournament and this should keep us fit until the league matches resume," he added.

Platinum Stars are 12th on the log standings with 11 points in 10 matches. Their next league match – which will be played on November 19 – will be against Free State Stars.



Impala Achieves Again!

Rustenburg – It is with great pride and pleasure that Impala Netball Club congratulates Kgomotso Itlhabanyeng with her selection to represent South Africa as part of the Protea Team at the upcoming World Netball Series, in Liverpool, UK.

The team will attend a training camp prior to their departure on 20 November 2011. The Netball Matches will be played at the Echo Arena located opposite the Jury's Inn.

"Congratulations on your selection into the Spar Protea National Team. We wish you a very successful and incident-free participation and are confident you will be a true ambassador of the Impala Netball Club, NSA and Our Country."



Kgomotso Itlhabanyeng



Jannie Jonker en Frish Makopane

Keeping up the 'Good Golf'

Mahikeng – Taking place this weekend, the flagship golf event in Mahikeng at the Ricoh/ Castle Light Leopard Park Open has great prizes up for grabs! This event attracts some of the best golfers in SA – all going for gold. Don't miss out!

Furthermore, the Multi Choice/ DSTV golf day, with R10 000 of prizes to win, is scheduled for the 19th of November 2011; and the NWDC golf day for 17 November. The Kirstonia golf day was won by Benett Masilo and M Monageng with 46 points followed by Fabian Katz and Robert Tsheko (45); and K van Wyk with F Venter (45). Friday's completion was won by Brian Visser with 19 points followed by Frans Conradie (18) and Johan Muller (17). Well done guys! Keep up the good golf!

Carina Akrobaat Akademie

Rustenburg – Studente aan die Carina Akrobaat Akademie het verlede maand aan die IAAASA Kampioenskappe deelgeneem en uitstekend gevaar. In 2012 word die kampioenskappe in Rustenburg aangebied, en ons sien vreeslik uit daarna. Vir enige navrae kontak Carina by 071 678 5862/ 082 821 9771



Christen Jonker, Angelica Wewege, Nicky Greenall, en Samantha Wewege



Sonja Steyn, Jolene Kruger, Clarissa Werner, en Eathen Jonker

TV Weekend SPORTS

Saturday, November 12

Golf - European Tour Barclays Singapore Open - Day 3 - 7am - SS1 | **Rugby** - Montpellier v Leinster - 3.15pm - SS1 | **Rugby** - Ulster Rugby v Asm Clermont Auvergne - 5.30pm - SS1 | **Rugby** - Munster v Northampton Saints - 7.50pm - SS1 | **Cricket** - South Africa v Australia - 1st Test - Day 4 - 10am - SS2 | **Football** - Nigeria v Botswana

na - 4.30pm - SS3 | **Football** - England v Spain - 6.50pm - SS3 | **Golf** - Australian Open Golf - Day 3 - 3am - SS5 | **Motorsport** - GP2 Series - Race 1 - 8.50am - SS5 | **Motorsport** - Formula 1 - Etihad Airways Abu Dhabi Grand Prix - Practice Session 3 - 11.50am - SS5 | **Tennis** - ATP World Tour 1000 - BNP Paribas Masters - SFs - 3pm - SS5 | **Motorsport** - Formula 1 - Etihad Airways Abu Dhabi Grand Prix - Qualifying - 2.50pm - SS5

Sunday, November 13

Golf - European Tour Barclays Singapore Open - Day 4 - 7am - SS1 | **Rugby** - Glasgow Warriors v Bath Rugby - 2.30pm - SS1 | **Rugby** - Toulouse v Gloucester Rugby - 4.45pm - SS1 | **Boxing** - Top Rank Inc. Wbo Welter-

weight Title - Manny Pacquiao v Juan Manuel Marquez - 4am - SS2 | **Cricket** - South Africa v Australia - 1st Test - Day 5 - 10am - SS2 | **Football** - Loser Match 1 v Loser Match 2 - 5.55pm - SS3 | **Football** - Winner Match 1 v Winner Match 2 - 8.40pm - SS3 | **Football** - Orlando Pirates v Bloemfontein Celtic - 9.45am - SS4 | **Football** - Mamelodi Sundowns v Platinum Stars - 11.55pm - SS4 | **Football** - Winner SF 1 v Winner SF 2 - 3.45pm - SS4 | **Golf** - Australian Open Golf - Day 4 - 3am - SS5 | **Motorsport** - GP2 Series - Race 2 - 11.20am - SS5 | **Motorsport** - Formula 1 - Etihad Airways Abu Dhabi Grand Prix - Main Race - 2.30pm - SS5 | **Motorsport** - WRC - Power Stage Rally Britain - 2pm - SS7 | **Tennis** - ATP World Tour 1000 - BNP Paribas Masters - Final - 4pm - SS7