

# RCCF LEARNING THE ART OF SELF-DEFENCE

**Rustenburg** – Members of the Rustenburg Crime Combating Forum (RCCF) attended a self-defence class on Friday 5 July – to assist them in their duties while patrolling the streets of Rustenburg to help keep crime at bay.

Sensei Johan Olivier of Raven Wolf Self-defence Martial Arts gave various demonstrations on how to react if someone attacks you with fists, a knife or a gun. These included techniques from Krav Magna, karate and Wing Chun Kung Fu. He also demonstrated some of the methods that they teach children in case of kidnapping.

In an interview with *Platinum Weekly* chairperson of RCCF Kobus Ferreira said: “We would like to thank sensei Johan for taking the time to come and show us these techniques. Our members found it very informative and it was absolutely worth attending.”

For more information regarding self-defence classes contact sensei Johan on 066 112 0731.



From left: Johan Olivier of Raven Wolf Self-defence Martial Arts and Rassie Erasmus of the RCCF, demonstrating how to handle a knife attack.



Members of the RCCF attended the self-defence training.

# MASTER THE ART OF BIRD PHOTOGRAPHY

**Presented by BirdLife Rustenburg**

**Rustenburg** – Albert Froneman will be sharing some bird photography tips and tricks at the BirdLife Rustenburg meeting this month.

For the past 30 years, Albert has mastered the art of bird photography and is acknowledged as one of the leading bird photographers in southern Africa. Beautiful images of birds play a vital role in creating awareness for various bird conservation projects and in this spirit, Albert works closely with BirdLife South Africa.

During the talk, Albert will share interesting facts about the birds, their conservation status and also provide some tips, tricks and field techniques used to capture the images. Albert is based in Johannesburg and when not behind the camera, he works as a specialist environmental consultant assessing the impacts of various developments on birds.

The meeting will take place on Monday 15 July at the Methodist Church on the corner of Brink and Schuurman Streets and starts at 19:00. A charge of R20 from non-members is payable.

**\*\*** On Saturday, 20 July, BirdLife Rustenburg will take part in the mid-winter CWAC (Coordinated Waterbird Counts) at Rockwall and Olifantsnek Dam. Anyone who would like to participate is welcome to meet at the BP garage at the mall at 07:00. Please bring your own refreshments and snacks. Non-members pay R20 per person. The count should be completed by 13:00.

Feel free to contact our chairperson, Shaun McGillewie, on 083 702 1462 should you wish to learn more about the Birdlife Rustenburg. If you need help with the identification of a bird, please send a picture!



Albert Froneman

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