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SOUTH AFRICAN SOLDIER

6th CISM Military World Games

SPECIAL EDITION

defence
Department: Defence
Republic of South Africa
From the Editor’s desk

Letters to the editor

SANDF honoured as the first defence force to enter during the opening ceremony of the 6th CISM Military World Games

SANDF foster peace and friendship through CISM Military World Games

SANDF Women’s Golf team shines at the CISM Military World Games

SANDF Military Pentathlon excels at the 6th CISM Military World Games

SANDF sailors in the spotlight at the CISM Military World Games

SANDF triathlon athletes ascended to the pinnacle of triathlon world at the 6th CISM Military World Games

SANDF Naval Pentathlon team performed exceptionally at the CISM Military World Games

SANDF boxers show grit during their bouts at the 6th CISM Military World Games

SANDF judokas take on the world in South Korea

The SANDF Taekwondo team flew the SA Flag high at the CISM Military World Games

SANDF marksmen compete at the 6th CISM Military World Games

CONTRIBUTIONS:
Although all possible care is taken with articles, the editorial staff cannot accept any responsibility for lost articles and photographs.
The curtain went down on an unforgettable CISM Military World Games.

Devotion: Work for a crown that will last forever – win for yourself a place in the hearts and minds of others.

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FRONT COVER: Maj Leigh van der Berg (left) and Col Karin Watts, the SA National Defence Force (SANF) Women’s Golf team, won the Bronze Medal at the 6th Conseil International du Sport Militaire (CISM) Military World Games recently held at Mungyeong in South Korea.

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Greetings again; it is always a pleasure for us, the Editorial team of SA Soldier, to make use of the opportunity to converse with our readers. This month we bring to you international sport news!

We dedicate this Special Edition to our SA National Defence Force (SANDF) athletes and officials who made us proud by competing in the 6th Conseil International du Sport Militaire (CISM) Military World Games recently held at Mungyeong in South Korea.

The CISM Military World Games are held every four years and could just as well be called the Military Olympics. The ultimate goal of CISM is to contribute to world peace by utilising sport as a vehicle to united armed forces. The motto of CISM is “Friendship through Sport”.

This edition is packed with in-depth articles on our athletes’ participation in nine sporting codes, namely military pentathlon, navy pentathlon, sailing, golf, triathlon, boxing, judo, taekwondo, and shooting sub-disciplines.

During the opening ceremony of the Games South Africa was the first team to enter into the impressive Korea Armed Forces Athletic Corp Sports Complex where approximately 7 000 athletes from 120 countries gathered. The SANDF delegation was led by Maj Gen Lungile Dlulane as Chief of Mission and Brig Gen Ashton Sibango as Deputy Chief of Mission.

For the first time since the SANDF started to participate in the CISM Military World Games in 1995 two of its athletes won a medal! Col Karin Watts and Maj Leigh van der Berg from the SANDF Women's Golf team won the Bronze Medal at the 6th CISM Military World Games. We salute you - well done! SA Soldier would also like to congratulate all our athletes and officials for flying our National Flag high in South Korea.

The Chief Photographer of SA Soldier, S Sgt Scorpio Tlhaole, had the opportunity to accompany the SANDF delegation to South Korea. He brought us back first-hand all these exciting photos and sporting news.

Enjoy the read!

Nelda Pienaar
Editor SA Soldier

Ons dra die Spesiale Uitgaar op aan ons SA Nasionale Weermag (SANW) atlete en beamptes wat ons trots gemaakt het deur onlangs aan die 6de Conseil International du Sport Militaire (CISM) Militêre Wêreldspele in Mungyeong in Suid-Korea deel te neem.

Hierdie uitgaar is met indiepte artikels gepak oor ons atlete se deelname aan nege sportitems, naamlik militêre vyfkamp, vloot vyfkamp, seilvaart, gholf, driekamp, boks, judo, taekwondo en skiet sub-dissiplines.

Gedurende die openingceremonie van die Spele was Suid-Afrika die eerste span om die indrukwekkende Koreaanse Weermag Atletiekkorps Sportkompleks in te marsjeer waar ongeveer 7 000 atlete van 120 lande bygewek het. Die SANW-afvaardiging was begelei deur maj-genl Lungile Dlulane as die Hoof van die Missie en brig-genl Ashton Sibango as die Vise-hoof van die Missie.

Vir die eerste keer sedert die SANW aan die CISM Militêre Wêreldspele in 1995 begin deelneem het het twee van ons atlete ’n medalje gewen! Kol Karin Watts en maj Leigh van der Berg van die SANW-vrouegolfspan het ’n bronsmedalje by die 6de CISM Militêre Wêreldspele gewen. Ons saluer hulle – welgedaan! SA Soldier wil ook graag al ons atlete en beamptes gelukkig doen omdat hulle ons nasionale vlag so hoog in Suid-Korea gelaat wapper het.

Die hooffotograaf van SA Soldier, s sers Scorpio Tlhaole, het die geleentheid gekry om die SANW-afvaardiging te versig na Suid-Korea. Hy het vir ons eerstehands al hierdie opwindinge foto’s en sportnuus teruggebring.

Lekker lees!

Nelda Pienaar
Redakteur SA Soldier
Where and when did it all start? The seed for the SA National Defence Force (SANDF) Spouses Forum was planted during a Women’s Day celebration that was hosted by the SA Army Ladies in August 2005.

This gathering was followed by a workshop that took place at the SA Army College in Thaba Tshwane in November 2005. There the following resolutions were taken: the structure, purpose, frequency of meetings and the Constitution of the SANDF Spouses Forum.

**SANDF Spouses Forum Constitution**

The SANDF Spouses Forum originated from a need among the spouses of the SANDF to systemise their activities and to organise these more effectively on a rational basis to empower and to share.

The SANDF Spouses Forum is a non-trading institution and is established in accordance with the provision of chapter IX of the General Regulations for the SANDF and Reserve.

Members may use the language of their choice during the activities of the SANDF Spouses Forum. The Constitution shall be made available in English.

### Objectives

The aim of the SANDF Spouses Forum is to render positive service to the SANDF by:

- Promoting sympathetic understanding of and active support for the partner’s tasks;
- Providing opportunities for all spouses to render service within the scope of their abilities and interest through education and training;
- Extending a hand of friendship to one another and to support;
- Initiating activities that contribute to the support of the respective SANDF units.

### Membership of the Forum

Spouses of serving, retired and deceased senior officers of the SANDF from the level of Brigadier General and equivalent ranks upwards are eligible to be members of the SANDF Spouses Forum by virtue of their partner’s employment in the SANDF.

The spouse of the Chief of the SANDF will be the Chairperson of the SANDF Spouses Forum. In the event that the Chief of the SANDF is single, he or she would be required to delegate this responsibility to any one of the spouses of the Chief of the Services.

The committee shall be structured as follows:

- **The Chairperson:** Spouse of the Chief of the SANDF
- **Executive Forum Committee:** Spouses of the Chiefs of the

### Meetings

The Executive and General Spouses Forum meetings will be held quarterly. Ad hoc or special meetings will be held as and when necessary.

**General Procedures:**

- Meetings may be opened with a prayer, when suitable.
- Notice of meetings must include an agenda.
- Meetings shall be held in an orderly way according to the agenda and minutes shall be taken, approved and accepted.
- Quorums for meetings shall be not less than 25% of members.
- Members unable to attend a meeting will be deemed present for the purpose of determining the quorum, provided an apology has been tendered not less than one hour before the meeting commences.

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a challenge, a commitment, a future
THE NELSON MANDELA MEDAL

On the passing of our beloved leader, former President Nelson Mandela (Tata Madiba), the SA National Defence Force (SANDF) decided to award medals to all members that participated in his funeral. However, Tata Madiba is the Father of our Nation, it could also be argued that he was the “Father of Africa” and was both celebrated and mourned internationally.

We serving soldiers salute him and appreciate the freedoms that he provided for us. It is in our lifetime that we walked with this great man, that we looked up to him and that we followed him with diligence, commitment and courage.

In this regard I am of the opinion that every serving member of the SANDF who was in service on the day of the passing of our beloved Tata Madiba should be awarded the Nelson Mandela Medal.

This type of a blanket approach had already been followed with the Unitas Medal in 1994. It signified Unity, and who could be more deserving than Tata Madiba to lay claim to unifying the nation. Furthermore, as South Africans and especially soldiers, we will be proud to display the Nelson Mandela Medal.

This is a call on the Chief of the SANDF, Gen Solly Shoke, and the Commander-in-Chief of the SANDF, President Jacob Zuma, to reconsider the awarding of this medal to selected members and rather issue it to all serving members! Let us seize this opportunity to celebrate the legacy of Tata Madiba by wearing this medal in his memory … Lt Col Norman Kisten, SOI Defence Intelligence.

SACRIFICE IS THE PRICE OF LEADERSHIP

Thanks for reporting the exciting developments that are happening in our SA Soldier magazine. I hope the Editor and staff will keep writing first-class cover stories.

We have our leaders out there, some of whom are leaders in companies, some in the Headquarters and Units, while others are leaders in the community.

One wonders if all these leaders are effective as many people are more interested in the position of leadership than in the responsibility that comes with it. I have worked under many leaders and all of them were effective. They taught me what I should do as a soldier.

I learned that a good leader could be a man or woman whom we absolutely trust and whom we grew to love. There is a price to leadership. The proverb says: “Everything is created twice”, firstly mentally then physically. A real leader has to face the music.

If you are a leader, you need to pay the price.

I salute you. S Sgt Samuel Monyamane, Counter-intelligence Area Military Health Unit Limpopo.

IN DIRE NEED FOR OLD MUSICAL INSTRUMENTS

I am a 24-year-old man living in Mahikeng. I am requesting a donation for old musical instruments such as wind instruments, bass tuner alto trombone, drums, etc. The reason why I am requesting these donations is that I want to help young people stop roaming the streets taking drugs.

I want to open a brass band group, and to this end I am busy collecting musical instruments, wherever I can. Please help us to stop young people using into “nyaope”, drugs or alcohol. If you can assist us, please contact me on 078 716 4329 or 018 381 3769 or email me at solomonthapelo21@gmail.com Solomon Thapelo Phoko, email

FIRST RIFLEMEN’S FORMAL DINNER

To understand this achievement I have got to take you back into the history of 4 SA Infantry Battalion (4 SAI Bn). The unit was established in November 1961 and received its first intake on 1 April 1962. The Entry of Freedom of Middelburg was awarded to 4 SAI Bn on 30 October 1964, the same day the unit received its colours. Since 1969 troops were sent from this unit into the operational areas.

In February 1982 the unit was converted into a Mechanised Battalion and participated in a number of exercises, such as Exercise GROOT LIMPOPO in 1982, Operation ASKARI in 1983, Operation MODULER 1987, to name a few of them.

In February 1994 the unit received its first multi-racial intake. On 10 June 1995 during a medal parade 4 SAI Bn received the Arnhem Bridge Trophy as the best bridging training unit. 4 SAI Bn also received the Bayer Trophy for hygiene in 1995 and 1996. From 1994 to March 1997 4 SAI Bn was primarily responsible for training. For the first time in four years 4 SAI Bn took part with other units in Exercise SOUTHERN CROSS at the Army Battle School. It was after this that the unit was declared operationally prepared. In April 1997, 4 SAI Bn became a motorised infantry unit mandated to form part of the Rapid Deployment Force.

In April 2001 Lt Col Andries Mogodiri took over as the first African Officer Commanding of the unit. 4 SAI Bn was the first unit to be part of the African Mission in Burundi; and letters to the editor

SA SOLDIER welcomes letters to the Editor. Short letters are more likely to be published, and all letters may be edited for reasons of style, accuracy or space limitations. Letters should preferably be typewritten. All letters must include the writer’s full name, address and home telephone number. The volume of letters we receive make individual acknowledgement impossible. Please send your letters to: The Editor, SA SOLDIER Letters, Private Bag X158, Pretoria, 0001. Letters may also be faxed to (012) 355-6399 or sent via email to sasoldier@mil.za. We would like to hear your comments or ideas, particularly about matters concerning the Department of Defence. Regrettably, anonymous letters cannot be published - Editor.
APPRECIATION FOR STUDIES AT STATE EXPENSE OPPORTUNITY

Last year started on a high note as my application for Practical Project Management Studies at State expense were approved and I had to register with the Unisa School of Business Leadership. I registered for the Practical Project Management Certificate.

This programme comprised six subjects that included twelve group assignments and six exams. In October 2014 I wrote exams while I was busy with the Junior Command and Staff Duties Residential phase. I had to write two exams per week for the next three weeks. The results came and I passed with a distinction and surprisingly became the best academic student.

On graduation day, 262 students received their certificates for successfully completing a range of programmes offered by the School of Business Leadership (SBL) at Unisa.

The Academic Director of the School, Prof A.A. Okharedia, welcomed all guests to the ceremony and assured recipients that the SBL staff had a keen interest in their careers as well as their ambitions to attain further qualifications.

Prof Okharedia said: "The SBL is not only proud of our recipients tonight, but we would like to build a long-term relationship with you and would like to invite you officially to become members of our Alumni family. Going forward, it is our intention to keep on offering learning opportunities to you in order to keep you abreast of the latest trends and developments in the world of business and leadership."

The guest speaker at the ceremony was Ms Lindiwe Sebeshe, Senior Executive Enterprise Strategic Programmes at Alexander Forbes and President of the South African Reward Association. She completed an MBA at the School of Business Leadership in 2007 and is currently registered for the Doctor of Business Leadership Programme (DBL) at the school. Ms Sebeshe challenged the recipients with the question: "Why do we do things we do, like embarking on further studies?" She explained that studying had always been pivotal in her life and she would probably be a lifelong student.

Ms Sebeshe quoted Winston Churchill, to explain what the true meaning of perseverance is: "Success is not final, failure is not fatal; it is the courage to continue that counts". She also referred to the National Development Plan and the emphasis the plan places on education. She encouraged students not only to keep on acquiring knowledge, but also to keep on ploughing back their knowledge into the community.

The certificate recipients completed the following Executive Education Programmes: Advanced Project Management (APM), Executive Development Programme (EDP), Fundamental Management Programme (FMP), Practical Project Management (PPM), Management Development Programme (MDP), B-BBEE Management Development Programme (Broad-Based Black Economic Empowerment Management Development Programme), Transnet Freight Rail Employee Relations Short Course (Transnet ERC) and Denel Maintenance Programme (DMP).

Certificates were also awarded to 88 students who had completed the Short Course in Labour Relations, a customised programme tailored to the needs of Transnet Freight Rail. Three students who successfully completed the customised Denel Management Programme also received certificates.

Mr Thabiso Ramasike, the Deputy Chairperson of the SBL Board, presented Board Medals to students who achieved the highest marks in their respective programmes. The following students received Board awards: Mr Dominique Moore (BBBEE Management Development Programme), Benjamin Pieter Schoeman (Fundamental Management Programme), Charita Harish Ravjee (Management Development Programme), Candid Felicity Mpshe (Transnet Freight Rail Employee Relations Course), Andrew Moodley (Practical Project Management) and Jabulisile Emelda Ngobeni (Practical Project Management).

I would really like to acknowledge the Senior Personnel Clerks from Human Resources Development and Policy Section at SA Army Headquarters, Directorate Acquisition Human Resources, working with studies at State expenses for their commitment to their work as their guidance assisted me to achieve my goal.

I would like to encourage others to use this opportunity because I know that I would not have been able to afford studying in this programme without being financed. Moving forward, a Masters in Business Leadership Degree and a Doctorate in Business Leadership would be an added advantage. Maj Jabulisile Ngobeni, Logistics Officer DOD Main Ordnance Depot

recently it obtained a certificate as the best branding unit.

The list of achievements is long. On 4 September 2015 the unit added another achievement. It held its first Riflemen Formal Dinner. This was a first for the Riflemen since its establishment in 1961. The Officer Commanding 4 SAI Bn, Lt Col Andries Matlaila, presented the formal dinner to the Riflemen of the unit. His vision ensured that the unit achieved this milestone.

Addressing the Riflemen at the formal dinner, the President of the dinner highlighted that he regarded the Privates of the SA National Defence Force (SANDF) as the kings and queens of the battlefield and called for unity in the military community to portray a positive image of the SANDF.

The Riflemen’s Committee dedicated their time and resources and worked with exceptional energy. The coordinator and Acting Combat Ready Officer, Capt Mamokete Chego, was bombarded with a lot of work, but she came through and executed a magnificent event for the Riflemen. I would like to encourage every member of the unit to continue showing esprit de corps by working together. To the kings and queens of the battlefield and on the continent - 4 SA Motorised Infantry Battalion – The Best of the Best; I salute you! Pte Howard Nzimande, President/ Chairperson of the Riflemen Forum.
The South African National Defence Force (SANDF) joined roughly 120 nations at the official opening ceremony of the 6th Conseil International du Sport Militaire (CISM) Military World Games on 2 October 2015. South Africa was the first team to enter into the impressive Korea Armed Forces Athletic Corp (KAFAC) Sports Complex and had the honour of being the first country to be greeted by a raucous crowd of at least 30000 people.

The CISM Military World Games is an athletic festival in which men and women in uniform from all corners of the world engage in sport to build friendship and cherish peace, it has become a passionate festival of friendship and harmony among the military athletes of the world. The games may be called military Olympics. They are held every four years and encompass more than just the drama and excitement of a sporting competition.

The opening ceremony of the 6th CISM World Games

ABOVE: Col Abdul-Hakeem Al-Shino, the President of Conseil International du Sport Militaire (CISM) thanked the Republic of Korea for its efforts to promote peace during the official opening ceremony while Gen (Ret) Kim Sang-Ki (left), Chairperson of 6th CISM Military World Games Organising Committee (SUMOC) and Mr Kim Kwanyong, Co-Chairperson 6th CISM Military World Games Organising Committee (SUMOC) look on.

LEFT: The Conseil International du Sport Militaire (CISM) Flag is hoisted to the sounds of the CISM Anthem during the official opening ceremony of the CISM Military World Games.
The 6th CISM Military World Games was held amid hopes for a world without war. As mandated by CISM Protocol Guide, the proceedings combined the formal ceremonial opening including speeches, hoisting of the flags, lighting of the CISM Military World Games Flame and the parade of the athletes, and an artistic spectacle to showcase Korea’s culture.

The ensuing ceremony involved demonstrations by South Korea’s Guard of Honour and a military taekwondo team. During the ceremony guests, military enthusiasts and spectators were visibly delighted as they witnessed the rich cultural displays.

**LEFT:** The 6th CISM Military World Games Flame was lit to promote harmony, peace and friendship during the CISM Military World Games.

**ABOVE:** Team SA National Defence was the first team to enter the impressive Korea Armed Forces Athletic Corp Sports Complex.

**RIGHT:** Through music, song, dance and fireworks the ceremony invited people to discover the culture of the Korean people.

**BELOW:** The artistic display at the opening ceremony represented Korean popular music and culture.
they clapped to the performance, which was executed in a military manner with ultra-precision and synchronisation.

Through music, song, dance and fireworks, the ceremony invited people to discover the culture of the Korean people. It celebrated the imagination, originality and

LEFT: Other highlights included “Chajeon Nori” a traditional Korean game involving two men standing or frames supported by their respective teammates and an impromptu tug of war between participating athletes.


ABOVE: The two mascots of the 6th CISM Military World Games that promoted and represented peace and friendship during the CISM Military World Games.

RIGHT: The South African National Defence Force team in jubilant mood during the official opening ceremony.
dynamism of the 6th CISM Military World Games, which gave life to the motto of the games: “Friendship together, Peace Forever”. After the South Korean National Flag was raised,

delegations from around the world marched in their respective uniforms in an assembly of militaries.

Following the lighting of the CISM Military World Games Flame, “Hwarang” dances were staged. Hwarang refers to an elite group of young men who lived during the Silla Dynasty, of which Mungyeong was part. Other highlights include “Chajeon Nori”, a traditional Korean game involving two men standing on top of frames supported by their teammates and an impromptu tug of war between participating athletes.

The show ended up with a soldier dance inspired by “Kuejina chingching nanae” a Korean folk song meaning “How splendid” and the Korea “Arirang”. The ceremony was orchestrated by Han Jung-gu, who directed the opening and closing ceremonies of the 1988 Seoul Olympics and by Son Jin-chaik who had been responsible for the opening and closing ceremonies of the 2002 World Cup.

In his welcoming remarks, the United Nations Secretary General, Mr Ban Ki-moon, said that sport was a universal language that united people regardless of gender, ethnicity, social, cultural, political or religious differences or physical abilities.

He said: “Sport promotes fairness, respect, tolerance and peace in Korea and around the world. In bringing the militaries of the world together, these games will advance mutual understanding and peace.” He said although greater collaboration was needed to put sport at the service of peace, the CISM motto: “Friendship through Sport” enabled us to work in this direction.

The President of the Republic of Korea, Ms Park Gun-hye, declared the games officially opened. She said that holding this event in the world’s last divided nation would be a turning point for CISM, as it would herald a joint march towards global peace to transcend the walls of ideology, race and language. Ms Gun-hye added that these games promise to foster friendship and peace among soldiers from around the world.

The artistic part of the ceremony highlighted Korean civilization and exhibited modern Korea and its dream of harmony, peace and friendship between the people of the world.
The South African National Defence Force (SANDF) as a member of the Conseil International du Sport Militaire (CISM) or International Military Sports Council, participated in the 6th CISM Military World Games in Mungyeong, South Korea, over the period 2 to 11 October 2015 to foster peace and friendship through sport. The SANDF team was led by Maj Gen Lungile Dlulane as Chief of Mission and Brig Gen Ashton Sibango as Deputy Chief of Mission.

This was the SANDF’s 6th consecutive appearance at the CISM Military World Games. The SANDF sent a total of 75 athletes, including the Command Group and officials to South Korea. The CISM Military World Games (or the Peace Games) are a multi-sports event based on the Olympic spirit, with no political, religious or racial considerations, and no form of discrimination, and are organised every four years.

Around 7000 athletes from 120 countries participated in 24 sporting codes, namely athletics, boxing, basketball, cycling, football, golf, handball, judo, marathon, modern pentathlon, naval pentathlon, military pentathlon, aeronautical pentathlon, orienteering, swimming, triathlon, volleyball, wrestling, taekwondo, archery, fencing, parachuting, sailing and competitive shooting.

CISM is the supreme authority for consecutive appearance at the CISM Military World Games. The SANDF sent a total of 75 athletes, including the Command Group and officials to South Korea. The CISM Military World Games (or the Peace Games) are a multi-sports event based on the Olympic spirit, with no political, religious or racial considerations, and no form of discrimination, and are organised every four years.

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CISM is the supreme authority for

Above: The SANDF team welcomed by South Korean officials at the airport on their arrival, fltr: Tpr Mohamed Nhleko, Col Andries Mauyoma, Lt Col Brenda Mutungutungu and Gnr Tebogo Sedumedi.
with 134 member nations, the various bodies have allowed it to become one of the largest international multi-sports events, acknowledged by all major sporting, political and institutional authorities worldwide.

Its primary objectives are to developing friendly relations between the Armed Forces of member nations, promote physical education and sporting activities, to promote mutual technical assistance among the Armed Forces, lend support to the less privileged members in the name of friendship and solidarity and contribute towards balanced and harmonious development of military personnel, thereby contributing to international efforts to promote universal peace.

The CISM Military World Games represents the highest level of military athletic competitiveness, which includes Olympians and World Champions. The SANDF athletes take part in numerous worldwide, continental and regional activities organised annually. The SANDF has become a stakeholder which can no longer be ignored by the international sporting community.

National pride took precedence when SANDF athletes competed in nine of the 26 sporting codes, namely boxing, golf, judo, taekwondo, naval pentathlon, military pentathlon, shooting, sailing and triathlon. These games provided the SANDF with an opportunity and an avenue to project a positive image through the valuable military-to-military engagements, the evolution of SANDF military athletes over the years was clearly noticeable during the games.

It must be pointed out that the SANDF Women's Golf Team, in particular, made history by claiming a Bronze Medal. It was the first time that the SANDF had progressed to claim a Bronze Medal at the CISM Military World Games.

Not only did the winning of this Bronze Medal put the SANDF on the map, but it also contributed positively...
towards promoting the image of the Department of Defence (DOD) and that of the SANDF. Our SANDF Women’s Golf Team was ranked among the top five individual as well as team competition.

It was notable that many of our athletes achieved personal best times in their respective events and did well during the games, among these were Tpr Mohamed Nhleko who set the new South African record of 26 minutes, 08 seconds and thus missed the podium place by less than 1 second in the 8km cross-country in Military Pentathlon. It was the best ever position for the SANDF Military Pentathlon team.

It was the best ever position for the SANDF Military Pentathlon team during the CISM Military World Games. Lt Col Derick Schoonwinkel scored “hole in one” during the golf tournament.

Maj Charles Beaurain achieved more than 5000 points in Military Pentathlon for the 12th time. Pte Francois Lombard participated in the men’s under 63kg in Taekwondo and lost against the bronze medalist, ending 9th out of 23 participants.

Cpl Chanel George lost against gold medalist and ended 6th overall in her division of 11 countries. Cpl George was supposed to compete for bronze but withdrew on account of injury.

AB Mbuso Ngwane got through to the second round of the Taekwondo and lost against the bronze medalist. He came 9th out of 32 participants. The SA Military Pentathlon team ended 12th out of 28 countries in the obstacle relay.

The SANDF’s success in various world sporting competitions is a testament to many of our country’s best qualities as a nation. We must again use the CISM Military World Games as an opportunity to demonstrate this excellence to the world by defending the medal we won in the last games, and hopefully winning many more.

This crop of medal winners and athletes will hold us in good stead when it comes to future games, and the experience they gained in Korea, together with the more focused support and preparation programme, will ensure that these athletes are nurtured to become future medal achievers at the highest level.

SA Soldier is very happy and proud to have been part of the SANDF Team and their achievements in South Korea: they certainly did the SANDF proud.
LEFT: Maj Charles Beaurain (front) competing during the triathlon. He also competed during the Military Pentathlon and achieved more than 5000 points for the 12th time.

LEFT: Pte Olwethu Mbombela (blue) boxing against his opponent from the Chinese Armed Forces.

ABOVE: Sgt Odwa Mnene officiating during the 6th CISM Military World Games.

ABOVE: Lt Cdr Marlin Cozett and Maj Eugene Hendricks competed in the Triathlon Senior Division at the CISM Military World Games.

ABOVE: Maj Gen Lungile Dlulane, Chief of Mission, with the golf winners of the Bronze Medal, Col Karin Watts (right) and Maj Leigh van der Berg.
The SA National Defence Force (SANDF) Women’s Golf team (Col Karin Watts and Maj Leigh van der Berg) won the Bronze Medal at the 6th Conseil International du Sport Militaire (CISM) Military World Games recently held at Mungyeong in South Korea.

The CISM Military World Games featured over 7 000 athletes from around the world. These athletes were united under the ideal of “Friendship through Sports” the motto of CISM. The CISM Military World Games is a multi-sport event that is held every four years and one year before the Olympic Games.

Col Watts and Maj Van der Berg delivered a compelling performance during the CISM Military World Games and were part of the strong team that the SANDF sent to the 72-hole stroke-play golf championships played at the Top Bliss Golf Club. The other members of the SANDF Golf Team were: Maj Tinus Jacobs (Team Manager), Lt Col Derick Schoonwinkel (Team Captain), Maj Christo Mintoor, S Lt Charl Everts, S Sgt Patrick Layman, Sgt Sipho Nkambule and Cpl Dennis Williams. The SANDF Women’s team obtained a Bronze Medal and Men’s team ended 11th overall out of 18 countries.

After the third round of golf, our ladies were in overall second position in the Women's team standings, with a mere 1 shot lead over the hosts, South Korea, and 4 shots ahead of the USA. After a very tense final round, where nerves of...
The competition included individual and team events for both men and women. South Africa has always been a strong contender in the world of CISM Golf and this year was no different. Col Watts and Maj Van der Berg were selected for the team after successful training camps held at the Free State Sport Science Institute as well as at the Inter Forces Tournament held at Langebaanweg.

After their sterling performance at the CISM Military World Games, Col Watts and Maj Van der Berg both maintained that nothing reflects the natural beauty and diverse landscape of South Korea than Top Bliss Golf Club. The 18-hole championship course provides a variety of challenges that will appeal to both the novice golfer and the seasoned professional. They said that an interesting aspect of the championships was the wide disparity in experience levels among the participants.

They both enjoyed the nature of
the course and the friendship that came with it, but maintained that the course was very challenging as the fairways were narrow and that the out of bounds areas were close to the edges of the fairways. Col Watts said: “I had to focus very hard every time I played a shot aimed at a target and had to trust my own ability to finish the shot. Club and shot selection were crucial.”

Maj Van der Berg said: “Hard work, dedication and consistency are my ladder to success in golf. My Motto is ‘Hard work beats talent when talent does not work hard’. Not all of us are born with a natural ability to be successful in life, but I made a commitment to the sport and want to relish the joy of it.” She added that golf challenges every part of her being. “Body, mind and soul, and you are taken into a space where no one but you can describe it,” said Maj Van der Berg.

Col Watts and Maj Van der Berg said that during the medal ceremony they were very proud to be in uniform and they could not hold back their tears when they were called to the podium and when the SA National Flag was hoisted. Maj Van der Berg said: “Achievement is not measured by what colour medal you have, but by the smile on your face when you step up onto the podium.”

In comparison with the rest of the world, they both said that the SANDF Women’s Golf team was among the top 5, both in the individual and the team competition. Col Watts said: “The standard was very high, but we prepared well and the fact that we can play throughout the year enabled us to perform well as competitors at international level.”

They are both happy with their overall performance during the CISM Military World Games because the first and second positions were taken by women who had played on the USA and European Ladies Golf Tour and said that this would motivate them to do better at the next CISM Golf Championships.

Some of Col Watts’ achievements as
a golf player include, being selected for the Gauteng North Golf team and for the Inter-Provincial Tournament. Col Watts also received her Gauteng North Colours in golf in both provincial categories. She had previously received the following medals in the CISM Golf Championships: 1999 Ladies Team Bronze Medal, 2000 Ladies Bronze Medal, 2002 Ladies Team Silver Medal and Women's Team Silver Medal.

Maj Van der Berg played Hockey until 2010 when the sport was discontinued in the SANDF due to lack of interest and it was then when she was introduced to golf. Some of her highlights as a golf player include being selected as the Development Player of the Year in 2012 and in 2013. In 2014 she was chosen to represent the SANDF Silver Medal, 2007 Individual Women's Silver Medal and Women's Team Silver Medal, 2008 Women's Ladies individual Silver Medal and Women's Team Silver Medal.

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ourselves a target to obtain certain positions in the team standings. Especially in the women’s division we stood a great chance. Our performance was satisfactory if you take into consideration the limited resources we in the SANDF have, compared to other countries that participated.”

He said that when it came to team spirit the SANDF Golf Team would have won it if there was a prize. “We have several traditions in a CISM event that must be upheld, especially the wearing of our team mascot, JASPER, a hat that a nominated member must always wear, and this must always be treated with respect.

“Our golfers want to express our gratitude towards the SANDF and its leaders for affording us the opportunity to participate in such an event.

Secondly, people must not see golf as a sport for the elite as it is a great sport that creates team cohesion and esprit de corps among its members. Once you participate in a CISM event, you really live up to the CISM motto: ‘Friendship through Sport’.”

Maj Jacobs quoted the great Bobby Jones: “Golf is the closest game to the game we call life. You get bad breaks from good shots, you get good breaks from bad shots, but you have to play the ball where it lies”. And he said that for golfers that motto is a great motivation to play the beautiful game. He concluded: “It was a great honour for us to represent the SANDF at such an event, and winning the first ever medal for the SANDF in the CISM Military World Games was truly remarkable.”
Militray Pentathlon as a sport is no stranger to participation in the CISM Military World Games, its members having been fortunate enough to have competed in Croatia in 1999, India in 2007 and Brazil in 2011. For Troopers Mohammed Nhleko and Ntando Thabethe from 1 Special Service Battalion, Gunners Tebogo Sedumedi and Welcome Ntuthuko Mndaweni from the Light Artillery Regiment, it was their first CISM Military World Games; it was an experience that from the moment that they were selected for the team until they returned to South Africa they will treasure for many years to come. For Maj Charles Beaurain from Directorate Physical Training, Sport and Recreation (DPTSR) and L Cpl Martin Watkins from 43 SA Brigade it was not their first time they had taken part.

Capt Michael Shaw from 3 Military Hospital looked after all the injuries and pains of the Military Pentathlon athletes who participated at the 6th CISM Military World Games held in Mungyeong in South Korea.

The SA National Defence Force (SANDF) Military Pentathlon team was coached by WO2 Pieter Smith from 1 Special Service Battalion who has been the national coach for the past six years.

Military Pentathlon is not only regarded as one of the elite CISM sporting codes, but also one of the most difficult ones. Military Pentathlon is a polyathletic sport consisting of five disciplines. Each competitor has to excel in these five disciplines of Military Pentathlon.

The five disciplines are: shooting with standard rifle (200 metres) one...
precision and one rapid fire test, obstacle run (500 metres) with 20 obstacles, obstacle swimming (50 metres) with four obstacles, throwing standardised projectiles, one precision and one distance test and cross-country 8km for male competitors and 4km for female competitors.

The SANDF championships took place at the Wonderboom Military Base during April 2015. During these championships a select group of athletes was announced that would be participating in several training camps in Bloemfontein and Pretoria. At each camp the standards were set higher in order to select the final six participants for the CISM Military World Games. A special effort was made to raise the standard of shooting and swimming, two disciplines that the team had struggled with in the past.

The CISM Military World Games was a highlight in many ways for the team. Not only did most of the athletes achieve personal best points overall, but one of them, Tpr Mohammed Nhleko from 1 Special Service Battalion managed to set a new SANDF Military Pentathlon record in the 8km cross-country event. His time of 26 minutes and 04 seconds was in fact the 4th fastest out of 146 participating athletes, thereby missing a place on the podium by a split second. Taking into consideration that this was only his second international competition, great things can be expected of this athlete in the future. Specific mention must be made of Maj Charles Beaurain from the DPTSR who, at the age of 36, was not only the most senior member of the team, but was in fact also the second oldest competitor to participate in this sport at the CISM Military World Games. What is even more remarkable is the fact that not only did he beat all the

ABOVE: Tpr Ntando Thabethe (right) taking part in the rope ladder item.
CISM Military World Games


BELOW: Tpr Ntando Thabethe (front) taking part in the military pentathlon obstacle relay in the double beam obstacle.

other athletes in the team, but once again managed to accumulate a total score of more than 5 000 points. This was the 12th time that he had achieved this, thereby setting a record that no one else in the team even came close to.

The obstacle relay was certainly the most exciting discipline to watch during the competition and in the first round South Africa managed to beat the Latvian team convincingly. In the process they also set up faster times than the teams from the Netherlands, Spain and Norway. In the end the team finished in 12th place out of the 31 participating countries in the obstacle relay, which proved to be a very good result taking into consideration the fact that they were up against the best in the world. Overall the team finished 21st out of the 31 participating countries, which leaves a lot of room for improvement.

The SANDF Military Pentathlon team has over the years managed to portray absolute professionalism, friendliness and esprit de core second to none. The team is certainly not the best in the world if overall results are taken into consideration, but they have once again managed to leave an extremely positive impression. It is no wonder then that so many countries once again enquired about future competitions in South Africa as well as training opportunities.

Lt Col Zietsman said: “It is therefore quite clear that for this sport to reach new heights in the future and to be counted among the best certain issues have to be addressed. The most important one is to find new athletes, both male and female, who have the necessary capabilities to excel in this sport.

“The second is, taking into consideration the fact that this is a true military sport, South Africa is the only African country participating in it and there are no civilian sports bodies to affiliate to, hence the need to participate internationally on an annual basis. Only through continued exposure to international competition can the athletes benchmark themselves against the best in the world and can the team be fully prepared for the next Military World Games in China in 2019.”

Lt Col Zietsman added that the 6th CISM Military World Games had proved to be an immensely satisfying experience for all involved. Lt Col Zietsman said: “A word of congratulations has to go to the Republic of South Korea which managed to stage a well organised event. It certainly could not have been an easy task to have hosted 7 500 athletes from 126 countries over a two week period in such a professional way. Everything, from the transport to the food and the venues, was almost perfect. It was indeed a privilege to have been part of this truly wonderful occasion and one that will be remembered in the years to come by all.”

LEFT: Gnr Tebogo Sedumedi (left) finishes off the race in style in the obstacle relay. The SA National Defence Force team came 12th out of 28 participants.
The SA National Defence Force (SANDF) sailors were in the spotlight at the 6th CISM Military World Games held at Mungyeong in South Korea. The team consisted of Cdr Bram Weller (Team Captain), WO1 David Herman (Coach), PO Andre Bestha, AB Zuma Ngema and LS De Wet Nel.

The CISM Military World Games sailing event was won by the who's who of yachting in the world. The SANDF sailors felt so honoured just to be associated with the CISM Military World Games. At these games SANDF sailors tried incredibly hard. When they finally competed and it was all over, the sense of relief was the best feeling ever for them. What does astound me is the global reach CISM Military World Games has.

One event was the two-man dinghy above:

ABOVE: All sailors from participating countries during the sailing prize-giving ceremony at the CISM Military World Games.


ABOVE: SA National Defence Force sailors beach launching their boat before the race.
CISM Military World Games

LEFT: The SA National Defence Force sailing team, seated: WO1 David Herman (Coach), and standing, fltr: LS De Wet Nel, AB Zuma Ngema and PO Andre Bestha.

ABOVE and RIGHT: SA National Defence Force sailors: LS De Wet Nel and PO Andre Bestha with their racing boat.

contest. This race typically takes place around a windward-leeward race course. There is a start/finish line set up perpendicular to the wind, marked by a committee boat at one end, and a buoy at the other. At the end of five minutes, competitors are allowed to cross the line and begin to race to the next mark. The next mark is called the windward mark.

The windward mark is placed directly upwind from the start/finish line. Competitors must go counterclockwise round the mark. After rounding the windward mark, the fleet now heads towards the leeward mark. The leeward mark is positioned directly downwind from the windward mark, below the start/finish line. Sailors also round this mark counter-clockwise. After rounding, competitors head upwind to cross the finish line.

WO1 Herman said that he did not
think anyone goes in to that event confident that they can win. They felt they had a chance, but owing to the nature of the event you do not know how good the competition is until the first race. So they can never be brash and think you’re going to win.

He said that there were plenty of top teams competing in this prestigious event, all of which have the ability to beat you on any given day. He said another factor was that there were no discardable races in CISM Military World Games sailing. WOI Herman said: “Should something go wrong for you, it’s tough luck. We knew we had put enough time into our sailing leading up to the regatta to ensure we had a fighting chance, what more could one ask for.”

He thinks the other teams did the least amount of training and have all sailed together for years on various campaigns and trust each other. On the water their speed was superfast. Upwind they were always a bit higher and faster than us.

WOI Herman said that good preparation and being on top of the things in your control gave one the edge. We simply went out onto the water each day with a clear plan of attack and a strategic plan to ensure we made as few mistakes as possible. Luckily all went well, apart from the second race where we were a little unprepared and that clearly showed.

There is an old saying: “You cannot win a sailing race just in one day, but you can lose it.” Our whole team believes this and felt that being only the second race, there would still be opportunities for other teams to make mistakes. We made ours so it was all about damage control and sailing conservatively from there on.

AB Ngema said that he loved the tactics and strategy and that sailing is the most intriguing game in the world with so many things you need to focus on to be successful. He said that the sheer complication of the sport keeps one trying harder and harder to achieve impossible perfection. He enjoyed the racing and the design parts of sailing. He concluded by saying that the other thing is the camaraderie between crew members on the same boat and between competing boats.

He thinks the most important thing in becoming a good sailor is learning from one’s mistakes. AB Ngema said: “You learn more from losing than from winning and the guys who can learn from their losses go much further than guys who get emotional and miss the lessons being taught.

“I think there are plenty of attributes which make a good sailor and I also believe that certain positions on a boat require certain personalities. Some general attributes would include communication, teamwork, patience, and the ability to understand the boat and each different situation and to make the right call in a split second when it is required.”
The SA National Defence Force (SANDF) triathletes competed in their sporting code during the 6th Conseil International du Sport Militaire (CISM) Military World Games held in Mungyeong, South Korea. At the games the SANDF triathlon team came up against world-class athletes, many of whom could be considered professional sportsmen and women.

Our team consisted of six athletes, one woman and five men. One of the male team members withdrew prior to departure due to illness. Maj Charles Beaurain and Lt Seal Tlhakuli dedicated hard work.

A triathlon is a multiple-stage competition involving the completion of three continuous and sequential endurance disciplines. While many variations of the sport exist, triathlon, in its most popular form, involves swimming, cycling and running over various distances. Triathletes competed for fastest overall course completion time, including timed transitions between the individual swim, cycle and run components.

Before their departure for South Korea, the team had a triathlon training camp in Howick and Bloemfontein in August and September 2015. It was during this camp that they had a group session with the team. These meetings were facilitated by a psychologist and were utilised to generate and explore some

exception our athletes were thrilled to be afforded the opportunity to compete at the CISM Military World Games. The competition represented the pinnacle at the end of four years of

dedicated hard work.

A triathlon is a multiple-stage competition involving the completion of three continuous and sequential
of the themes and challenges that were collectively felt to be of importance.

They discussed motivation, concentration and focus, support systems, nutritional aspects, health and risk management, anxiety and stress management, conflict and leadership. The team reviewed useful techniques such as guided imagery and visualisation, progressive relaxation, communication skills and role definition. Areas for development were identified and they designed specific interventions that were ultimately aimed at improving individual performance.

Ten days prior to their departure and established a daily routine which revolved around maintenance training and three meals that were always enjoyed together. They made a point of moving around as a group to maintain a sense of joint purpose and cohesion.

The team’s participation during the CISM Military World Games had more to do with keeping a dream alive and reaffirming their collective aspiration to stand among equals. The team said that it was a privilege to represent the SANDF and South Africa on a stage showcasing the best in terms of dedication, commitment and sheer

for South Korea all participating SANDF athletes came together at a holding camp at the Wonderboom Military Base. At this camp the continuation of training was a focus, together with final preparations. On arrival in South Korea they settled in


ABOVE: Maj Charles Beaurain (left) and Lt Seal Thakuli.

ABOVE: Lt Cdr Marlin Cozett (right) taking part as a senior at the triathlon.
grit, qualities in which they were second to none.

The triathlon team gained valuable experience at international level. They can justifiably be pleased with their performance and achievements as they qualified for the CISM Military World Games and gave their best. It was a learning curve in which they received psychological support while valuable exposure and experience was provided. Maj Wessels was also invited by CISM to represent the African continent in triathlon.

The team was formidable and their achievement was well earned. The athletes they competed against were better prepared and supported. They demonstrated a commitment to their aims and a great spirit and put everything into their individual performances.

Maj Wessels said that it was an amazing opportunity to compete on the world stage, to measure ourselves against some of the best the world had to offer. She said: “To witness titanic struggles, certainly we walk away from this experience with a host of lessons learnt and a number of points to ponder. Our morale is by no means crushed. We are determined to regroup, work hard on ourselves and come back to fight another day.”

She said that the 7th CISM Military World Games were to take place in China in 2019. Maj Wessels added: “If we are serious about sport in the SANDF and are committed to delivering on the mandate of force preparation, we must start with preparations immediately. This means we must engage in a well-planned strategy that will include the co-opting of allied disciplines like psychology, among others, to assist and support our athletes, sports teams and management teams.”

She said one of the aims of the SANDF Triathlon would be to build capacity in the next few years. Maj Wessels added: “Triathlon is tough, it’s not for the faint-hearted, but as a sport it offers the ultimate challenge and great rewards to an athlete. Competitors must excel at swimming, long distance running and cycling. It is a true test of commitment, determination, skill and strength. We would like to encourage any SANDF members, including Reserve Force members who are interested in triathlon, to approach their sports officers for further information and assistance in joining up. We want you!”

Placing of triathletes at the 6th CISM Military World Games

Open Men: Maj Charles Beaurain (64/89) and Lt Seal Tlhakuli (84/89)
Senior Men: Maj Rupert Hendricks (15/20) and Lt Cdr Marlin Cozett (17/20)
Senior Ladies: Maj Marsha Wessels (6/7)

LEFT: Lt Seal Tlhakuli competing in the triathlon at the 6th CISM Military World Games.
SANDF Naval Pentathlon team performed exceptionally at the CISM Military World Games

Article and photos by S Sgt Lebogang Tlhaole

Lt Cdr Maricken Anthony (Team Captain), PO Nkosinathi Mtolo (Male Coach), CPO Vuyani Buthelezi, LS Amaron Jackson (Female Coach), AB Shane Bernardo, AB Phillip de Bruyn, AB Renier Koen and AB Ayanda Zulu represented the SA National Defence Force (SANDF) Naval Pentathlon team and performed exceptionally well at the 6th CISM Military World Games in Mungyeoung, South Korea. Naval Pentathlon was one of the nine sporting codes that the SANDF participated in at the CISM Military World Games. Altogether 12 teams took part in the Naval Pentathlon, including Brazil, Denmark, Ecuador, Finland, Germany, Poland, Russia, Spain, South Africa, South Korea, Sweden and Turkey.

ABOVE: LS Amaron Jackson and AB Ayanda Zulu with locals dressed in South Korean traditional attire.

LEFT: AB Renier Koen competing during the obstacle course during Naval Pentathlon.

BELOW: AB Shane Bernardo negotiating the land obstacle course at the CISM Military Games.
The CISM Military World Games

CISM Military World Games

LEFT: The SA National Defence Force (SANDF) Naval Pentathlon team, fltr, seated: LS Amaron Jackson (Female Coach), Lt Cdr Maricken Anthony (Team Captain) and AB Ayanda Zulu. Fltr, standing: CPO Vuyani Buthelezi, PO Nkosinathi Mtolo (Male Coach), AB Renier Koen, AB Shane Bernardo and AB Phillip de Bruyn.

ABOVE: AB Shane Bernardo jumping over the barrel during the Utility Swimming Event at the CISM Military World Games.

ABOVE: Lt Cdr Maricken Anthony and AB Ayanda Zulu practising and preparing for the CISM Military World Games.

ABOVE: The SA National Defence Force Naval Pentathlon team with officials at the CISM Military World Games.

only by military athletes at the World Military Championships and Military World Games. The event combines athletic ability with basic marksmanship military skill over a four-day period.

Military athletes were judged on their ability to shoot during the amphibious cross-country race over 2500m in overalls and with a 3kg rifle. The event included running, rifle shooting (5 targets at 50m), at the 800m mark, rowing a 100m at the 1400m mark and grenade throwing at the 2200m mark.

They negotiated land and water obstacle courses, lifesaving race dressing in overalls over 3 x 25m swim, 15m underwater swim, removing overall at the 50m mark, retrieving manikin at a 3m depth and complete the swim with manikin. They participated in the utility swim at a distance of 125m which was divided as follows: 5x25m, 25m swim, 25-50m swim carrying a rifle, swim 25m passing under a net at a 3m depth, swim 25m over a barrel obstacle and
uncoupling two hoses, complete with 25m swim.

They also had to complete a seamanship race. Male competitors had to hoist themselves into a boatswain’s chair on a 6m mast, place 5 pegs into a plate at the top of the mast, slide down the mast and retrieve a 10m hawser from the water, throw a heaving line 22.5m and tie the heaving line to a hawser using a bowline knot, slalom rowing up and down between 5 moorings, row to the chain at 3rd mooring, unscrew and move it to the 4th mooring, row to 5th moor and unscrew shackle and take it to the finish line.

Lt Cdr Anthony, team captain for the Naval Pentathlon, said that the team was very grateful for the opportunity granted to them to compete at international level and the support that they received from Directorate Physical Training Sport and Recreation (DPTSR) and the Fleet. She said that the team performed exceptionally well, taking into consideration that this was the first time they had to do a complete obstacle course. She said that her team gained exposure during the championships at international level.

She said that the team prepared very well before their departure. They had a training camp on a monthly basis and this assisted them to achieve physical fitness, skill and technique. She said the training was consistent in terms of progress and selection of the team. Lt Col Anthony said: “The performance of the team was exceptional in terms of their fitness, their technicalities and skills.”

But she said a few things hampered their preparation and had a negative impact on their performance, for example an incomplete Glencairn obstacle course which was in a bad state and their late arrivals at the games. This set the team back in competition readiness due to fatigue, not having enough preparation on the hosts competition ground and the three obstacle courses were done for the first time in South Korea.

Lt Cdr Anthony said: “A preliminary conference was held on 3 October 2015 at the competition. All logistics and rules of the championships were discussed, but the SA Naval Pentathlon team did not attend owing to their late arrival. No one was able to attend on behalf of the team when requested. Four days was set aside for all teams to train prior to competing, but the team was unable due to their late arrival,” said Lt Cdr Anthony.

She said that for future events, the team requires experienced coaches to assist athletes with skills and techniques. Naval personnel must be involved and educate the SANDF members with regard to what is required. The Naval Pentathlon Championships should be developed in the SANDF to improve participation among the SANDF members, create sportsmanship and enable athletes to perform at international level.
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SANDF boxers show grit during their bouts at the 6th CISM Military World Games

Article and photos by S Sgt Lebogang Tlhaole

The SA National Defence Force (SANDF) boxers battled it out and produced world-class performance at the 6th CISM Military World Games in Mungyeong in South Korea. The team consisted of Lt Col Mandisi Poro (team captain), L Cpl Lulama Ntoba (coach), Maj (Dr) Ntandane Mkhwanazi (medical), Pte Olwethu Mbombela, Pte Ntsikelelo Malahla, Pte Notyandela Siphimandla and Pte Gregory Gans.

Boxing is a military sport in the CISM. It is a combat sport in which two people engage in a contest of strength, speed, reflexes, endurance and will by throwing punches at each other, usually with gloved hands. Boxing is supervised by a referee over a series of one to three minute intervals called rounds. The result is decided when an opponent is deemed incapable...
of continuing by a referee, is disqualified by breaking a rule, resigns by throwing a towel, or is pronounced the winner or loser on the judges’ scorecards at the end of the contest.

Pte Olwethu Mbombela after his elimination by Xia Lingjie from China had this to say: “I tried to establish myself as the bigger, stronger fighter so being dominant, not letting my opponent bully me. I tried to change my combinations, head to body, body to head, trying to throw him off balance. The Coach told me to stay relaxed, keep doing what I was doing, tighten up my defence and just keep letting my hands go.” He said that this tournament meant a lot to him because they had trained to be world-class athletes, not just nationally ranked athletes. Pte Mbombela said: “We are soldiers first, and ambassadors for the country and the SANDF. Every bout I go into, I try my best to represent all our brothers and try to give my best effort. Everything I do, I do with pride for them.”

L Cpl Lulama Ntoba, the team coach, said that his boxers let their opponents frustrate them. He said that they were supposed to maintain their mental toughness and stay focused on what they wanted to do, not what they were doing. He said his boxers were determined to do well. This was their first CISM Military World Games, and so they were really excited about representing the SANDF.

Pte Gregory Gans who went toe to toe with Benin boxer, Hounkeni Justin, said that he tried to get in range, and every time he got in range, his opponent was smarter. Pte Gans said: “He got in and out. He did it perfectly. That’s something I’ve got to learn and add it to my arsenal. I’ve got a lot of heart and dedication, and now, knowing what I need to do, determination is just going to take me where I need to go.”

Lt Col Poro, the team captain, said that the boxers that were chosen were highly motivated but there was not enough time for them to prepare. He said that the boxers were ring rusty. He suggested that in future the Directorate Physical Training, Sport and Recreation (DPTSR) must put proper plans in place to ensure that the SANDF team was prepared in time and had enough practice with neighbouring countries to prepare the team.

The team captain said: “Though they did not win any gold medals, our boxers showed grit during their bout. They faced opponents that were tougher than them. They were pretty tough and had a lot of experience and outdulled our boxers. Our boxers are brand new to international competition. Those other competitors belong to the national teams from their countries, not just the military team. A lot of them are national champions who are going to represent their countries in the Olympic Games in Rio 2016 and some of them are former Olympians.”
Cdr Henriette Moller (team captain and coach), Sgt Odwa Nene (Referee), PO Justin Johannes, LS Daniel Bosman, Pte Siyabonga Mngqeta and Capt Bianca Visser represented the SA National Defence Force (SANDF) in judo at the 6th CISM Military World Games in Muñgyeong in South Korea to harmonise friendship through sport. They were among the 56 countries that participated in judo. The breakdown was as follows: Africa (13), Asia (13), Europe (23) and Pan-America (7).

The four SANDF judokas competed in four weight classes. They were Capt Visser (Female u/70kg), PO Johannes (Male u/90kg), LS Bosman (Male u/73kg) and Rfn Mngqeta (Male u/81kg).

It was interesting to note that the SANDF also sent Sgt Odwa Mnene as one international qualified referee. Sgt Mnene with the help of Boland Judo Union achieved his Continental Referee status in September 2014. Cdr Moller also qualified, with some financial assistance from the Boland Judo Union as an international Level 3 coach - currently the only female coach in South Africa with this qualification. Cdr Moller was also appointed to the Technical Board for the CISM Games (consisting of four members).

The SANDF team was one of only a few countries that had amateur judokas. Most of the countries have


**ABOVE:** Sgt Odwa Nene (Referee) officiating at the 6th CISM Military World Games.

**ABOVE:** LS Daniel Bosman (white) competing at the 6th CISM Military World Games in South Korea.
CISM Military World Games

LEFT: The SA National Defence Force Judo team, fltr: PO Justin Johannes, Capt Bianca Visser, Cdr Henriette Moller (team captain and coach), LS Daniel Bosman, and Pte Siyabonga Mngqeta after their warm up session before the match.

ABOVE: The SA National Defence Force Judo men’s team during their match held at the Korean Armed Forces Athletic Corps Sports Complex in Mungyeong, South Korea.

ABOVE: Pte Siyabonga Mngqeta competing at the 6th CISM Military World Games in South Korea.

She said by partnering with such a leading brand, the SANDF will receive significant added exposure and the partnership will be instrumental in raising the profile of the SANDF, ultimately leading to increased participation for young people in the future games.

Cdr Moller said that in order for team members to achieve better international results, they had to compete more in international tournaments. Three of the SANDF members are ranked 1st in South Africa, therefore they have achieved the highest level they can on South African soil. Hopefully the members will be afforded the opportunity to take part in the annual CISM Judo Championships in preparation for the next CISM Games in 2019.

In the team event, the team consisted of five members. The SANDF Men only had three members but still decided to enter their 3-man team in order to make maximum use of the opportunity to participate in an international tournament. Twenty-two teams entered the team event. The SANDF team competed against Algeria but lost. Algeria went on to achieve 5th place.

In the individual competition Capt Visser came 9th out of 11 judokas, PO Johannes - 13th out of 31 judokas, LS Bosman - 19th out of 25 judokas and Rfn Mngqeta - 19th out of 31 judokas.

Speaking to SA Soldier, Cdr Moller said that for the CISM Military World Games an athlete has to perform at the highest level. It was also a big opportunity for our athletes to showcase their talent. She added that all her athletes were optimistic about their chances of winning a medal at the games.

Cdr Moller said that they used the CISM Military World Games to advertise the SANDF and promote friendship through sport. She said it was a fantastic event and an important stage for our athletes in their careers. She added: “CISM Military World Games is a key component in promoting peace and we are excited at the prospect that it has brought together sports fans, supporters and military practitioners. We were absolutely thrilled about our partnership with CISM, which will bring many benefits for both our organisation and sport.”

Before their departure the SANDF athletes ensured that they competed in all South African National tournaments and had undergone hard training at the camps in order to prepare for the tournament. This proved to be successful by the time the members were selected for the team. Three of them were ranked 1st in the SA National Ranking List and one member was ranked 3rd on the SA National Ranking List.
The SA National Defence Force (SANDF) Taekwondo team flew the SA flag high at the 6th CISM Military World Games held in Mungyeoung in South Korea where they measured themselves against the world’s best in Taekwondo. It was great to see the team showing such good form. Maj Wezile Phakade and AB Mbuso Ngwabe led from the front with a nice smattering of youth alongside them to learn from the masters.

It was fascinating to watch the SANDF Taekwondo team’s exceptional performances. The athletes’ reaction to this excursion to South Korea was justified as they were thrilled to participate.

Taekwondo, also known as Taekwon-Do and Tae Kwon Do, is a Korean martial art. It combines combat and self-defence techniques with sport and exercise. Gyeorugi, a type of sparring, has been an Olympic event since 2000.
Taekwondo was developed by a variety of Korean masters during the 1940s as a combination of Okinawan karate, Chinese martial arts and the ancient Korean traditions of taekkyeon and gwonbeop. Taekwondo promotes and instills in its participants a sense of courtesy, integrity, perseverance, self-control and an indomitable spirit.

Speaking to SA Soldier, AB Ngwabe, one of the SANDF’s medal hopefuls, said after a disappointing bout that his dream of standing on the podium was far from over. He said this was rather a new beginning and he was determined to do well at the next CISM Military World Games.

AB Ngwabe said: “People believed in me and there is no reason why I should not believe in myself. I want to go to China in 2019 and stand on that podium and receive my medal. After that I can retire and make way for other youngsters. Someone must take over and do better than me. I will stay in the sport to help develop future stars, but I can only do my best and I believe my best will see me succeed.”

He said that it was nothing new to him. He said he had been to the CISM Military World Games and knows what it takes to win. He credits the 6th CISM Military World Games as an experience of a lifetime, even though he was overwhelmed by the occasion and failed to progress through the preliminary round.

Lt Col Gerhadus Jansen van Rensburg said these games were an excellent learning curve for the team and reckoned it was all work in progress. He said we would need a few years to catch up and not rush this sport. He said the team has to get the experience and they had a few youngsters that could do well in future.

The coach was positive about the development of members participating in Taekwondo. He felt that the objectives for the CISM Military World Games had been reached. Lt Col Jansen van Rensburg said: “The members did well in competing against Olympic Medallists in the event.”
The SA National Defence Force (SANDF) marksmen recently competed in the shooting competition at the 6th Conseil International du Sport Militaire (CISM) Military World Games held in Mungyeoung in South Korea. The CISM Military World Games brings members of the armed forces of South Africa and other countries together in a friendly competition that also serves as a training venue for the Olympics. This competition is enhanced by internal participation and contributes to military skills development in the SANDF.

Shooting is a competitive sport involving tests of proficiency (accuracy and speed) using various types of guns, including pistols and rifles. The shooting sports are categorised by the type of firearm, targets and distances to the targets.

The SANDF marksmen were Lt Lebogang Tlhaole, WO2 Shawn van Rhyn (coach: rifle), F Sgt Nicolaas Rautenbach (Coach: pistol), Lt Col Jacobus Potgieter, WO2 Phillip Havenga, F Sgt Daniel van Tonder, Col Magrieta

ABOVE: The shooting range where the shooting competitions took place in South Korea.

ABOVE: Lt Nicolene Boshoff in prone position ready to fire during the shooting competition at the CISM Military World Games.

ABOVE: A SA National Defence Force shottist (right) ready to fire during the shooting competition at the CISM Military World Games.
Vorster, Lt Col Anita Dean and Lt Nicolene Boshoff. It was a tough championship with all the best marksmen around the world present.

This shooting competition enhanced professional development and military excellence in selected military skills. It tests the member’s ability to shoot and stresses teamwork as a fundamental and essential element in a soldier’s life.

The SANDF competed in two shooting disciplines, namely pistol shooting and rifle shooting. Competitors in the shooting competition required training, discipline and precision, as each trial demanded a minimum of 60 shots on target. The shooting competition had 16 bouts, 8 for men and 8 for women.

Lt Col Johanna Verwey, the SANDF team captain for pistol shooting and rifle shooting, said that they were hoping to do much better this year as they have worked very hard to improve their skills and have practised intensively. She said all members had to qualify for the CISM Military World Games.

She said: “Specific ammunition for the best weapon cycling and accuracy is a known factor, but the shottists did not have access to bullet weight and charge deviations as presented by various manufacturers of ammunition.”

Lt Col Verwey added: “Ammunition in the calibre .22 LR as used by the rifle shottist was readily available for practice, but high-grade premium target ammunition was funded and bought privately to offer the shottists an increased chance of success.”

Although the blame for less than perfect scores cannot be laid solely at the door of ammunition, it did serve as a major factor in the preparedness not being fully up to standard. Lt Col Verwey said: “Enhancement of target and scoring systems will provide a better environment for shottists preparing to compete in major international events.”

LEFT: The SANDF marksmen were Lt Col Johanna Verwey (team captain), WO2 Shawn van Rhyn (coach: rifle), F Sgt Nicolaas Rautenbach (coach: pistol), Lt Col Jacobus Potgieter, WO2 Phillip Havenga, F Sgt Daniel van Tonder, Col Magrieta Vorster, Lt Col Anita Dean and Lt Nicolene Boshoff.

ABOVE: WO2 Shawn van Rhyn (coach: rifle) (left) receives a token of appreciation from one of the South Korean officials.
The finest military athletes from across the world recently lowered the flag after ten unforgettable days at the 6th Conseil International du Sport Militaire (CISM) Military World Games. It was an emotional end to them at the Korea Armed Forces Athletic Corps Sports Complex in Mungyeong, South Korea.

Athletes from 120 nations and territories joined with a cast of 2 000 volunteers and a host of VIPs, including the Korean Minister of Defence, President of the CISM and other senior international guests for a spectacular Korean-style official closing ceremony. The President of CISM, Col Abdul Hakeem Al-Shino, had billed it the warmest, friendliest CISM Military World Games ever.


ABOVE: The SA National Defence Force members celebrating with Col Karin Watts, (middle) the Bronze Medallist in Golf, during the closing ceremony.

ABOVE: The President of Conseil International du Sport Militaire CISM, Col Abdul Hakeem Al-Shino from Bahrain, said the Games were the warmest and friendliest CISM Military World Games ever.

RIGHT: The President of Conseil International du Sport Militaire CISM, Col Abdul Hakeem Al-Shino (right), hands over the CISM torch to the Republic of China as the next host of the CISM Military World Games in 2019.
ABOVE: The closing ceremony saw the 7 000 athletes and team officials parade together, before the cast members performed a poignant Asian farewell.

LEFT: The inclusive atmosphere throughout these games has been all about fun, respect, friendship, striving for excellence and great sportsmanship.

BELOW: The Korean Armed Forces Taekwondo team demonstrating their skills during the closing ceremony of the CISM Military World Games.

RIGHT: The parade of flags.
The closing ceremony saw the 7000 athletes and team officials parade together, before the cast members performed a poignant Asian farewell. Formally closing proceedings, the CISM flag was lowered and the greatest star of Asia, Singer Kim Jaejoong, who became a proud member of the 55th Infantry Division of the Korean Armed Forces took the pivotal role of sending the message of peace and harmony to the world and sang Arirang arranged in rock style so all the soldiers in the world could sing and enjoy the song together.

Minister Kim Kwan-Jin said that since the inception of CISM in 1948, it has provided an important springboard for future sporting stars. Military World Games, Olympic and World Championship superstars have all experienced the thrill of representing their home nations and territories as competitors at previous CISM Military World Games.

Commenting on the overwhelming
CISM Military World Games

LEFT: The President of Conseil International du Sport Militaire CISM, Col Abdul Hakeem Al-Shino from Bahrain, handing a trophy to a representative of the Russian Armed Forces as the overall winners with most medals at the 6th CISM Military World Games.

success of the 6th CISM Military World Games, the President of CISM said: “South Korea has truly delivered, in every sense, the warmest, friendliest Military World Games ever. This country has done a fantastic job by not simply delivering the logistics of these Games as it is the sincere spirit and genuine warmth with which the people of Korea have embraced us all that will live long in our memories. Over ten days, 7 000 athletes have competed for gold and glory across 24 sporting codes against a lush Korean sporting backdrop”.

Col Abdul Hakeem Al-Shino concluded: “It’s been a fantastic week of competition and friendship. The inclusive atmosphere throughout these games has been all about fun, respect, friendship, striving for excellence and great sportsmanship. It’s been wonderful to witness the transformative power of sport as many of our athletes have simply flourished and done so well with personal bests and medal-winning performances.”

ABOVE: The SA National Defence Force sailing team, fltr: AB Zuma Ngema, PO Andre Bestha, LS De Wet Nel and WO1 David Herman (coach) during the closing ceremony of the CISM Military World Games.

ABOVE: The SA National Defence Force delegation at the closing ceremony.

ABOVE: The SA National Defence Force Team at the closing ceremony.
Work for a crown that will last forever – win for yourself a place in the hearts and minds of others

By Col (Rev) Zolani Makalima, Chief Chaplain SA Air Force

Scripture for reflection:
Heb 12:1–13 and 1 Cor 9:24–27.

Now that the year 2015 has come to an end the fact is signified that we have finished yet another lap on our journey of life, not only as individuals, but also as servants to the nation in the Department of Defence (DOD). As many people unwind at this time of the year, they also use this time to reflect on their journey travelled or, if you like, the race run over the outgoing year.

With thanks and gratitude, you would hear them uttering such deep Biblical theological statements: “Thus far the Lord has been with us”. It is important that we finish what we set out to do this year. While we strive for the finish line, it is critical that we do not trip over some hurdles lest we be disqualified; do not just rush for the finish line, but make it your mission to finish well.

I believe finishing well is not only relevant for those that are still in the race, but also for those who will soon be passing on the baton at retirement. Because ours is a marathon race, how we finish the lap of 2015 will of necessity determine our momentum for the next lap of 2016.

The writer of Hebrews uses the Jewish heroes of faith, the cloud of witnesses, as models of perseverance in faith despite difficulties. He encourages the Jewish believers to follow their example; but not only that: he presents these heroes as witnesses, watching the way the Jewish believers are living.

The believers from previous generations are the former athletes, but the writer and those to whom he was speaking are the competitors today. As we draw to the end of the year and brace ourselves for the race of the New Year, let us also see ourselves as competitors engaged in a race of serving in order to make a difference in the lives of many, past and present, in the DOD, of course, unlike athletes, ours is not to compete with anyone else but ourselves, using all our energies and every skill we have to make a difference wherever we are and whenever we can. In order for the athlete to run well they need to throw off everything that hinders their movement and anything that could slow them down or trip them.

Writing in another context, Paul also wrote about faith using sporting terms. He exhorts Corinthian believers to “run in such a way as to get the prize” (1 Cor 9:24-25a). Apparently, whoever won a race in those days was awarded a prize, a leafy crown that would soon wither.

While material recognition of our services is something good and must be appreciated, our competitive spirit should never be primarily motivated by the quest to obtain a higher rank, financial incentive, or win the hearts of leadership, but instead to live up to a God-given purpose, the call to serve selflessly and to put others’ needs and interests above ours.

This is the kind of race that can only be won by those who discipline themselves and conduct themselves according to the values of the DOD. You cannot leave an indelible mark in the hearts and minds of others if you are a “person watcher” and easily distracted, but only if you fix your eyes on the Lord, the source of our strength and perfector of our faith, which is what keeps us going in the face of adversity.

In conclusion, I should also mention that the references to sport in the Scriptures demonstrate a sense in which sport and belief go together. Sport develops our capacity to believe in ourselves and to believe in others. When you put some effort into training, you grow in strength, skill and self-belief.

When you give your support to an individual or a team, you begin to believe in their ability, even of the lesser achievers or less gifted. The words of Paul remain relevant for us even as we go about our routine operational duties, “Let us run with perseverance the race marked out for us”, “run in such a way as to get the prize”, to win for yourself a place in the hearts and minds of people. To God be the glory now and for all eternity. Amen.
The South African National Defence Force is a pillar in the reactive physical campaign being fought against poaching on the ground and in the skies. We also engage in proactive educational campaigns to spread awareness about the intrinsic value of this magnificent animal.
ARMED FORCES DAY

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