if we are to treat operations on red blk tree as a bstree and then do the fix up, can some one explain this part "Start out by swapping the value to be deleted to the appropriate leaf", because on bstree a value to be deleted can be swapped with left child or right child which are not necessarily leaves, I understand there is the case where a value swapped with a successor or predecessor (as instructed).

Swap-to-a-leaf means keep swapping with the predecessor (or successor) until the value ends up at a leaf.