

Shihan Terence Teraine (Coach Tee)

Born: April 20, 1975

Biography

Shihan Terence Teraine, widely known as **Coach Tee**, is a lifelong martial artist, teacher, and founder with over four decades of experience across multiple disciplines.

Terence began training at the age of **five** in **Shotokan Karate** under **Sensei Chris Anthony**. After moving to the South Coast, he continued under **Sensei Dug Whitehorn** and **Sensei Dave Millar** in **Budo-Ryu Karate**.

After completing two years in the **Cadets**, he joined the **Military**, where he served his one-year call-up (1992–1993) as a **Communications Operator** at **Valhalla Airforce Gymnasium** and **Swartkops**.

In **1993**, Terence joined the **Yoshinkan School of Aikido and Self-Defence**, where he studied **Aiki-jitsu**, **Aikido**, **Ju-jitsu**, **Goshin-jitsu**, **Kubu-jitsu**, and **Kickboxing** under:

- **Sensei Robert Baker (3rd Dan)**
- **Sensei Charles Vermeulen (2nd Dan)**
- **Sensei Sarel Marais (4th Dan)**
- **Sensei Attie van Niekerk (1st Dan)**
- **Sensei Riaan Baker (1st Dan)**

He continued his training until the passing of **Sensei Robert Baker** in late 1999.

In **April 2000**, Terence founded his own dojo, the **Tenchi Dojo**, assisted by **Sensei Dave Tudge (1st Dan Shotokan Karate)**. He continued his studies under:

- **Sensei Otto Pretorius (3rd Dan)**
- **Sensei Jacques van der Westhuizen (2nd Dan)**
- **Sensei Derrick Smit (1st Dan)**

The dojo operated successfully until its closure in **late 2002**.

Following this, Terence attended a **two-hour Yoshinkan Aikido and Russian Sambo seminar** under **Sensei Kenji Nakazawa (4th Dan)**, held at the **Alberton Dojo**.

From **1999 to 2003**, he studied **Tai Chi**, **Wu Shu**, and **Kung Fu** under **Grand Master Sifu Claude Schotte (8th Degree, Chief Instructor All Africa)** at the **Mid-Way Kung Fu Club**, earning **Instructor certifications** in both disciplines.

Terence also trained in **Muay Thai** under **Kru Aziz** and **Muay Boran** under **Kru Noom** in **Thailand**, expanding his striking and combat expertise.

Outside martial arts, Terence broadened his physical mastery through **Ballet** (studying under **Chelaine Van Tonder**, **Mariette Cronje**, and **Russian Ballet Champion Juliette Ralinskow**), **Pilates** under **Coach Joy**, and **Tibetan Indian Hatha Yoga** under **Coach Shane**.

He also worked professionally as a **Black Belt bouncer** at **Club Café**, **Cosy Corner**, **Lighthouse**, and **Keys**, and later qualified as a **Bodyguard** through the **Professional Bodyguard Association (PBASA/UK)**, completing **FPOS**, **BLS**, **H2S**, **CPR**, and **CPO** certifications. He subsequently served as a **Personal Protection Officer (PPO)** for a **Chief Executive Officer** for one year.

Martial Arts Ranks and Titles

- **7th Dan Shihan Tenchikan Aiki-Sambo Chief Instructor All Africa** #240424-YAFSA
- **7th Dan Shihan Tenchikan Ju-jitsu Chief Instructor All Africa** #240424-AJSA
- **7th Dan Shihan Tenchikan Goshin-jitsu** Chief Instructor All Africa #240424-AJSA
- **7th Dan Shihan Tenchikan Kubu-jitsu** Chief Instructor All Africa #240424-AJSA
- **7th Dan Shihan Tenchikan Atemi-jitsu** Chief Instructor All Africa #240424-AJSA
- **7th Dan Shihan Tenchikan Nogi-jitsu** Chief Instructor All Africa #240424-NGJSA
- **6th Dan Shihan Yoshinkan Aikido** Chief Instructor All Africa #24042-YAFSA
- **6th Dan Shihan Gojukan Aiki-jitsu** Chief Instructor All Africa #240424-AJSA
- **6th Dan Shihan Kodokwan Ju-jitsu** #24-04-24-KJJIA-SA
- **3rd Dan Shotokan Karate** #002012-JKKI-SA
- **3rd Dan Kickboxing** #002012-JKKI-SA
- **10th Dan Gold Belt A.F.K.A.K. – Founder / Hoof-stigter**, Chief Instructor All Africa (#025044-CMA-HMRC, ICMAUA) #240424-AFKAK-SA
- **10th Dan Gold Belt Physical Intervention – Founder**, Chief Instructor All Africa (#025054-CMA-HMRC, ICMAUA) #240424-PISA
- **7th Dan Head Master J.K.G.J.A** All Styles Association SA #025044-CMA-HMRC
- **1st Dan Black Belt Kodokwan Judo** #240424-KJJIA-SA
- **1st Dan Black Belt Kodokwan Aikido** #240424-KJJIA-SA
- **1st Dan Black Belt Kodokwan Kubu-do** #240424-KJJIA-SA
- **1st Dan Black Belt Chin-Na** #120823-TAKFSA
- **1st Dan Black Belt Cystema** #181024KMASA

Other Martial Arts Studied

Taekwondo, **Capoeira**, **Boxing**, **Wrestling**, **Jeet Kune Do**, **Krav Maga**, **Ken-jitsu**, **Kendo**, **Amak**, **Escrima**

Recognitions and Affiliations

All ranks and awards conferred and recognized by **Senior Professor Hanshi Dr. Karel "Wollie", 10th Dan, Mede-stigter** of **A.F.K.A.K.** and **Physical Intervention Private Security Self-Defence**.

Official Recognitions:

- **A.F.K.A.K. Close Combat Self-Defence** – Recognized & Affiliated with **ICMAUA** (#025029-CMA-OM)
- **Physical Intervention** – Recognized & Affiliated with **ICMAUA** (#025038-CMA-OM)
- **J.K.G.J.A. (All Traditional Martial Arts Styles)** – (#025032-CMA-OM)
- **Combat Martial Arts South Africa (CMASA)** –
 - Founder, President & Chief Instructor All Africa: **Hanshi Dr. Karel "Wollie"** (#025033-CMA-FC, ICMAUA)
 - Co-Founder, Vice-President & Style Head All Africa: **Shihan Coach Terence Teraine** (#025034-CMA-FC, ICMAUA)

Affiliations

- **JKA Shotokan Karate (JKASA)**
- **Budo-Ryu Karate South Africa (BRKSA)**
- **Yoshinkan School of Aikido (YSASA)**
- **Leung Wan Wing-Chun Kung-Fu Federation (LWWKFSA)**
- **Japanese Karate & Kickboxing International (JKI)**
- **Yoshinkan Aikido Foundation South Africa (YAFSA)**
- **Aiki-jitsu South Africa (AJSA)**
- **Japanese Karate & Aikido International Association (JKAIA)**
- **Kodokwan Ju-jitsu & Judo International Association (KJJIA)**
- **South African Amateur Mixed Martial Arts Federation (SAAMAF)**
- **Mixed Martial Arts South Africa (MMASA)**
- **Shotokan Karate-do South Africa (SKDSA)**
- **Yoshinkan Aikido South Africa (YASA)**
- **Yoshinkan Aikido Gauteng (YAG)**
- **International All Styles Budo Federation (IASBF)**
- **Nakazawa Aikijujitsu Organization Japan (NAJOJ)**
- **Dynamic Aikisambo Ryuseikan Dojo Japan (DARDJ)**
- **Makoto Aikido Kyokai (MAKUSA)**
- **National Archery in the Schools Programme (NASP)**
- **The Guardian Safeguarding (TGS)**
- **FSI Security Services (FSISA)**
- **Anti-Crime Force (ACFSA)**

- **Temple Arts Kung-Fu (TAKFSA)**
- **Kaizen Martial Arts Association (KMAASA)**
- **Goshin Ryu Ju-jitsu South Africa (GRJSA)**
- **International Combat Martial Arts Unions Association (ICMAUA)**

Complementary Studies

In **2002**, during a four-day camp with **Dr. Karel "Wollie"**, Terence was introduced to **Eastern Medicine**, where he learned the **basics of Chiropractic** care and later **Shiatsu**. He was awarded **Chiropractic and Shiatsu course completions**.

Terence also completed **Security Grades E, D, C, B, A**, as well as professional security courses in **Cash-in-Transit, Retail Security, Reaction Officer, Control Room**, and **Instructor Training**, all through **Anti-Crime Force South Africa**, and is fully **registered with PSIRA**.

Notable Black Belt Students

- **Sensei Leonard Neilson** – 1st Dan
- **Sensei Petro De Villiers** – 1st Dan
- **Sensei Dennis Locker** – 1st Dan
- **Sensei Letitia Laurens** – 1st Dan
- **Sensei Cobus Robinson** – 1st Dan
- **Sensei Suzette van der Merwe** – 1st Dan
- **Sensei Candice Hitchcox** – 1st Dan
- **Senpai Francois Naude** – (in training)