# T-T-T TRAINER MANUAL

## Professional Standards, Leadership and Instructor Development

Compiled by

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- A.F.K.A.K. Afrikaans Kombat
- Zukelu Zulu Martial Arts
- Physical Intervention Private Security Self-Defence

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**Foreword**

The T-T-T (Train the Trainer) Programme is designed to develop instructors who possess not only technical skill but also the character, leadership, professionalism, and judgement required to teach others responsibly.

A true trainer understands that knowledge alone is not enough. A trainer must inspire confidence, promote safety, lead by example, and cultivate an environment where every student has the opportunity to grow.

The purpose of this programme is to produce leaders who are competent, ethical, adaptable, and committed to lifelong learning.

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**Chapter 1 – Professional Conduct**

Professional conduct is the foundation of effective instruction.

Every certified T-T-T Trainer shall:

- Conduct themselves with integrity, honesty, and respect.
- Demonstrate discipline both inside and outside the training environment.
- Lead by example at all times.
- Treat every student fairly and with dignity.
- Maintain confidentiality and professionalism.

- Accept responsibility for their actions and decisions.
- Continuously improve their knowledge and teaching ability.

Professionalism is demonstrated through consistent actions rather than titles or rank.

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**Chapter 2 – Becoming a T-T-T Trainer**

A T-T-T Trainer is first and foremost a leader.

The role extends beyond teaching techniques. Trainers are responsible for developing people, encouraging confidence, promoting discipline, and preparing students to make sound decisions under pressure.

**A successful trainer:**

- Leads with humility.
- Communicates clearly.
- Motivates others.
- Remains calm under pressure.
- Understands that every student learns differently.
- Encourages questions and independent thinking.
- Never stops learning.

Leadership is earned through competence, consistency, and service.

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**Chapter 3 – Safety First**

Safety is the highest priority in every training session.

Every instructor has a duty of care to protect students from avoidable injury while delivering realistic and effective training.

**Safety responsibilities include:**

- Inspecting the training area before each session.
- Ensuring appropriate equipment is used.
- Conducting proper warm-up and cool-down exercises.
- Supervising drills closely.
- Adjusting training intensity according to the students' abilities.
- Stopping unsafe behaviour immediately.

Training should challenge students without exposing them to unnecessary risk.

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**Chapter 4 – A Free Mind and an Open Heart**

Growth begins when we become willing to learn from every experience.

A free mind accepts that there is always more to learn.

An open heart allows us to teach with patience, understanding, and respect.

**T-T-T Trainers should:**

- Leave ego outside the training environment.
- Respect different opinions and experiences.
- Listen before speaking.
- Be willing to adapt when better methods are demonstrated.
- Encourage cooperation instead of competition.

The strongest instructors remain lifelong students.

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**Chapter 5 – Survival Before Victory**

The objective of self-defence is not to win a fight.

The objective is to survive and return home safely.

Every instructor should teach students to:

- Avoid conflict whenever possible.
- Recognise danger early.
- De-escalate situations where appropriate.
- Escape when safe to do so.
- Use reasonable and proportionate force only when necessary.

**Survival is always the highest priority.**

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**Chapter 6 – Situational Awareness**

Situational awareness is the first layer of self-protection.

A trained individual continuously observes:

- People.
- Behaviour.
- Environment.
- Potential threats.
- Escape routes.
- Safe positions.
- Opportunities to avoid confrontation.

Awareness creates options, and options improve safety.

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**Chapter 7 – The Training Philosophy**

The T-T-T Programme promotes positive learning through respectful coaching.

Within the training environment:

- No destructive criticism.
- No humiliation.
- No unnecessary correction in front of others.
- No pointing out mistakes to embarrass students.

Instead, instructors should:

- Demonstrate the correct method.
- Coach with patience.
- Encourage progress.
- Build confidence.
- Reinforce good performance.
- Correct privately whenever appropriate.

Students improve fastest in an environment built on trust and mutual respect.

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**Chapter 8 – Experience Builds Perspective**

A trainer's understanding becomes broader through exposure to different disciplines and professional environments.

Experience in the following areas contributes valuable insight:

- Traditional Martial Arts
- Cross Training
- Mixed Martial Arts (MMA)
- Cage Fighting
- Military Service
- Security Operations
- Physical Intervention
- Executive Protection
- Self-Defence Instruction
- Combat Coaching

Each discipline develops different skills, and together they create a well-rounded instructor capable of adapting to diverse situations.

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**Instructor Profile**

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**Founder of:**

- A.F.K.A.K. Afrikaans Kombat
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- Physical Intervention Private Security Self-Defence

**Professional Background**

- Former Military Veteran
- Former Bouncer
- Former Cooler (Security Team Leader)
- Former Bodyguard (Executive Protection)
- Former Mixed Martial Arts Competitor

Drawing on decades of experience in martial arts, security, combat sports, and leadership, LT. Terence "Tee" Teraine has dedicated his career to developing instructors who combine technical proficiency with professionalism, discipline, and sound judgement.