T-T-T (Train The Trainer) Programme

Professional Conduct

A T-T-T Trainer is expected to maintain the highest standards of professionalism, integrity, discipline, and respect. Every trainer must lead by example and demonstrate the values they expect from their students.

Professional conduct includes:

- Respect for all students and instructors.
- Maintaining discipline and self-control.
- Creating a safe and positive learning environment.
- Acting with honesty, integrity, and accountability.
- Promoting continuous learning and personal development.

Becoming a T-T-T Trainer

Becoming a T-T-T Trainer is more than earning a title—it is accepting the responsibility of developing others.

A trainer must:

- Lead with confidence and humility.
- Inspire through knowledge, experience, and example.
- Build capable, confident, and responsible students.
- Continue learning and refining their own skills.
- Place student safety above personal ego.

Safety First

Safety is the foundation of all training.

Every training session must prioritize:

- Proper warm-up and preparation.
- Safe training methods.
- Controlled techniques.
- Appropriate protective equipment.
- Respect for training partners.

- Prevention of unnecessary injuries.

There is no benefit in winning a training exercise if someone is injured.

Changing Your Mindset

A Free Mind and an Open Heart

Effective trainers remain open to learning.

A free mind allows you to:

- Learn from every experience.
- Adapt to changing situations.
- Accept better methods when proven effective.
- Leave ego outside the training area.

An open heart allows you to:

- Teach with patience.
- Respect different backgrounds.
- Encourage rather than discourage.
- Build confidence in others.

Survival Tactics

The primary objective of self-protection is survival.

Survival tactics include:

- Avoiding unnecessary conflict.
- De-escalating situations whenever possible.
- Escaping danger when an opportunity exists.
- Protecting yourself and those under your care.
- Using only the force necessary under the circumstances.

Situational Awareness

Situational awareness is one of the most important self-protection skills.

Always be aware of:

- Your environment.
- Potential threats.
- Escape routes.
- Obstacles.
- Innocent bystanders.
- Changes in behaviour or surroundings.

The best fight is often the one that is avoided.

Training Principles

During training:

- No criticism.
- No unnecessary corrections.
- No pointing out faults to embarrass others.

Instead:

- Guide with respect.
- Coach positively.
- Demonstrate correctly.
- Encourage improvement.
- Build confidence through constructive instruction.

Correct through education—not humiliation.

Understanding Different Combat Perspectives

Changing one's approach to combat, self-defence, and physical intervention becomes more effective through experience in multiple disciplines and professions.

These may include:

- Traditional Martial Artist
- Cross Trainer (a practitioner trained in multiple martial arts)

- Mixed Martial Artist (MMA practitioner)
- Cage Fighter
- Military Veteran (trained for combat operations)
- Bouncer (trained to remove conflict safely while protecting patrons, staff, and property)
- Cooler (team leader responsible for supervising security staff)
- Bodyguard (responsible for protecting and evacuating a client while avoiding unnecessary engagement)
- Self-Defence Instructor
- Combat Coach

Each discipline offers unique lessons that contribute to a broader understanding of conflict management, protection, and training.

Instructor Profile

LT. (Leader Trainer) Terence "Tee" Teraine

Founder • Director • President

Head of Training

Chief Instructor – All Africa

10th Degree Master & Professor

Founder and Chief Instructor of:

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

Professional Experience

- Former Military Veteran
- Former Bouncer
- Former Cooler
- Former Bodyguard
- Former Mixed Martial Arts Fighter

With extensive experience across martial arts, combat sports, military service, executive protection, and physical intervention, LT. Terence "Tee" Teraine brings a comprehensive understanding of practical self-defence, leadership, and instructor development.