

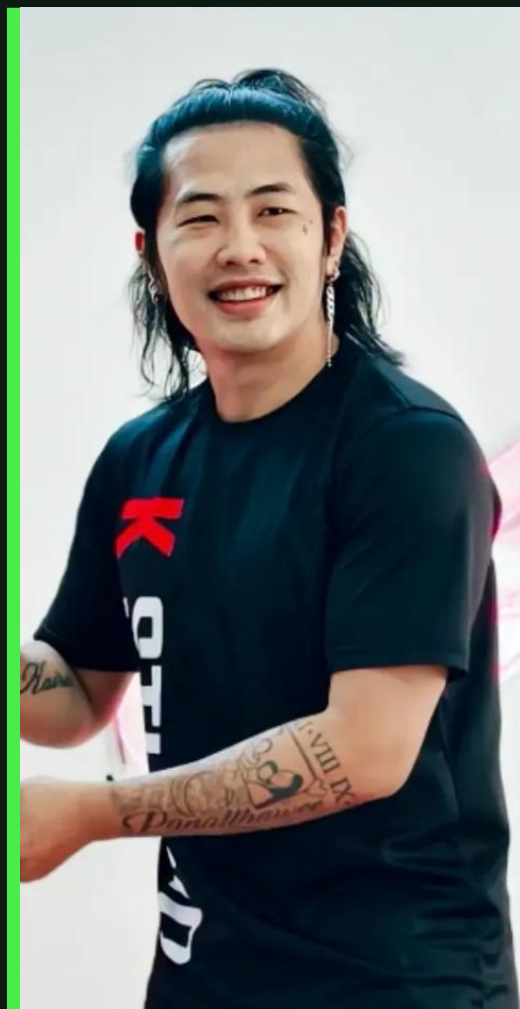
MALAYSIA INTRODUCTION / 2026

FULL KOMBAT®

FROM
PARTICIPANT
TO COACH.

PROGRAMME &
INSTRUCTOR TRAINING GUIDE
BOLIVIAN ORIGIN.
MALAYSIAN INTRODUCTION.

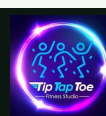
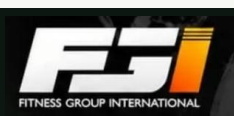
MASTER TRAINER KERO
FROM THAILAND



Tip Tap Toe Fitness Studio

Puchong, Selangor, Malaysia • 7–8 November 2026

Introduced by the organiser as **Malaysia's first studio to bring in Full Kombat.**
First-introducer status is an organiser claim; scope and evidence await written confirmation. [O]



START HERE

UNDERSTAND FIRST. THEN DECIDE.

This guide is for newcomers, aspiring instructors and coaches who already teach another group-fitness programme. It separates the workout, the taster event, the training and the conditions for teaching. It is not an FGI instructor manual, an assessment standard or an enrolment contract.

The programme, FGI, TTT and Kero	03–09
BODYCOMBAT comparison and an additional teaching pathway	10–13
The two-day learning pathway and twelve modules	14–19
Questions, preparation, booking and next steps	20–24
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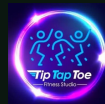
THE EVENT LOCATION

Tip Tap Toe Fitness Studio

Puchong, Selangor, Malaysia

The masterclass and instructor training are separate offers.

Reading key: numbered references identify public sources; [O] identifies organiser-supplied information; [P] marks an indicative learning plan or suggested exercise. Module numbering does not establish an approved assessment sequence.



THE PROGRAMME

WHAT IS FULL KOMBAT?

A useful starting point is a music-led group workout built around combat-inspired movement. FGI describes it as combat fitness, not self-defence. Punching and kicking in the event brief describe an exercise format, not a fight with an opponent. [2][O]

01 MOVEMENT: CONTROL, NOT CONTACT

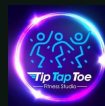
The local taster brief describes shadow-based, non-contact movement. You follow demonstrations, timing and transitions rather than spar with another person. Any teaching aids required for the instructor course should be confirmed in the joining instructions. [O]

02 MUSIC: A SHARED CLASS RHYTHM

Music gives the group a common timing reference. Participants follow the experience; trainee instructors also consider when to demonstrate, when to cue and when to leave space for practice. That teaching perspective runs through the indicative pathway in this guide. [P]

A SIMPLE INTRODUCTION

“Full Kombat is a group-fitness workout using combat-inspired movements with music. It is not sparring or a self-defence qualification.”



BORN IN BOLIVIA

THREE PLACES. THREE DISTINCT ROLES.

BOLIVIA

FGI • Programme development



THAILAND

Kero • Visiting trainer



MALAYSIA

TTT • Local event host

SPORTEC attributes Full Kombat's development to Fitness Group International in Bolivia. Kero is the visiting trainer from Thailand, while TTT is hosting this Puchong introduction. These roles should not be confused with programme ownership or country of origin. [1][O]

FGI

FROM A WORKOUT TO INSTRUCTOR LEARNING

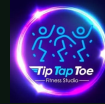
FGI publishes both programme information and certification announcements. Its app is described as a video-and-music resource for current instructors. A resource channel exists, but that does not establish what is included in the fee for this Malaysian intake. [3][4]

THE STORY TO REMEMBER

The story is a connection: a Bolivian programme, a visiting Thai educator and a Malaysian host. That is a meaningful introduction without claiming global supremacy or universal recognition.



**FULL
KOMBAT** DESPIERTA EL GUERRERO QUE LLEVAS DENTRO



MEET THE HOST

MEET TIP TAP TOE.

Tip Tap Toe Fitness Studio, or TTT, is in Puchong, Selangor. Its public page lists the Jalan Puteri 5/7 address and studio telephone. Both the taster and instructor event are hosted in Puchong. [8]
[O]

2023 EXPERIENCE WITH INTERNATIONAL GUEST EVENTS

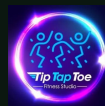
TTT's sixth-anniversary event listing advertised a 5 November 2023 Zumba event with guests from Korea, the Philippines and Austria. These public records provide concrete examples of TTT's experience hosting international guests. [9]

2025 A MULTI-PROGRAMME FITNESS SETTING

The organiser's Fitness Fiesta 2025 page listed Body Combat, FitHop, Salsation and Zumba. That history shows a multi-programme event approach. It should not be read as confirmation of the studio's current weekly timetable. [10]

WHAT IS TTT'S ROLE THIS TIME?

Under the organiser's plan, TTT is the local venue, registration contact and event coordinator. Participants can encounter the programme locally before deciding whether to investigate the instructor pathway. [O]



THE MALAYSIA INTRODUCTION

WHAT DOES “FIRST IN MALAYSIA” MEAN?

THE ORGANISER’S INTRODUCTION CLAIM

“Tip Tap Toe Fitness Studio is the first studio to introduce Full Kombat in Malaysia.”

This is the organiser’s stated position. An FGI record independently establishing nationwide historical priority has not been supplied, so it is presented as an organiser claim. [O]

The scope matters: first public taster, first instructor intake or first formal authorisation are different claims. The supplied brief promotes a masterclass and two-day training. It does not establish an exclusive national distributorship or exclusive teaching rights. [O]

WHY IT MATTERS WHAT CAN EARLY PARTICIPANTS GAIN?

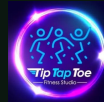
Potential value lies in early access to the programme, an opportunity to raise local teaching questions and participation in a developing class community. It is not a promise of employment, territory, trainer status or financial returns.

Why TTT? Its documented event activity and local venue provide a plausible community base for the introduction. That is an interpretation of the context, not a claim that FGI selected TTT through an undisclosed exclusive process. [9][10]

Not an Asian debut: SPORTEC listed a Full Kombat session in Thailand on 26 June 2026, before this November event. [1]

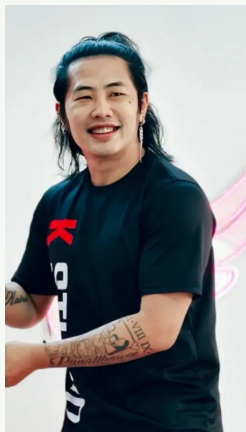


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MEET THE TRAINER

MEET MASTER TRAINER KERO.



THAILAND • K STUDIO

Natthapong “Kero” Champachan

MASTER TRAINER

Group exercise &
instructor development

Photo supplied by the organiser

SPORTEC's published profile identifies Kero as the founder and Master Trainer of K Studio, with more than 20 years in group exercise and instructor development. It also describes his work in foundational movement and fitness education. [1]

LOOK BEYOND THE STAGE

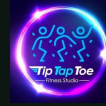
Observe how he breaks down combinations, signals the next task, explains movement intent and responds to different learning speeds. These questions help you evaluate the teaching experience rather than judging it only by stage energy. [P]

LOOK AT THE TEACHING, NOT ONLY THE PERFORMANCE

Biography is not course accreditation: an educator's professional affiliations do not establish CPD credit or third-party accreditation for this Malaysian course. Ask for the exact award and conditions that apply to this intake.



**FULL
KOMBAT** DESPIERTA EL GUERRERO QUE LLEVAS DENTRO



THE EXPERIENCE

MORE THAN ANOTHER PUNCH.

The appeal should be explained through the experience, not an unsupported ranking. SPORTEC describes combat-inspired movement, functional training, demanding sequences, controlled recovery and music. Those are programme characteristics, not head-to-head clinical findings. [1]

FEEL HOW DO MOVEMENT AND MUSIC CONNECT?

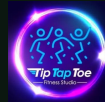
Notice whether you can follow the combinations, enjoy the pacing and understand the cues. Your response to the experience matters. Do not assume every track uses a particular “Bolivian beat” without hearing the actual material.

LEARN WHAT DOES PSYCHOMOTOR MEAN HERE?

In plain language, it concerns movement together with attention, timing and coordination. The term alone does not demonstrate more calorie expenditure, greater safety or superiority to BODYCOMBAT. Ask the trainer to show how the idea appears in practical teaching. [P]

MAKE “DIFFERENT” OBSERVABLE

What new cue did you learn? Which combination suits your participants? Would you practise it again? Those answers are more useful than “100% scientific”, guaranteed fat loss or an unverified number-one claim.



TRY IT FIRST

TRY THE ONE-HOUR MASTERCLASS.

60

MINUTE TASTER

10

FREE PLACES

07 NOV

2026 • SATURDAY

The organiser's taster is scheduled for **7 November 2026, 9:00–10:00 AM**, led by Kero at TTT in Puchong, Selangor. The free allocation is limited to 10, first come, first served. Check availability; the allocation is not a live count of remaining spaces. [O]

BEFORE ARRIVE WITH YOUR OWN QUESTIONS

As a participant, assess enjoyment, movement clarity and intensity options. As a coach, observe demonstration, pacing and class management. A taster is an opportunity to learn about the offer—not a requirement to enrol in training immediately.

AFTER DECIDE AFTER THE EXPERIENCE

If the experience fits your interests, ask about entry requirements, fees, materials, assessment, teaching permissions and ongoing support. **A free taster is not free instructor training and is not certification.** [O]

NOTE THE TIMING OVERLAP

The advertised training also starts at 9 AM on 7 November. Confirm whether the taster is the training's opening session, whether same-day continuation is possible and whether pre-work is required.

A FAIR COMPARISON

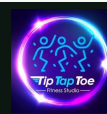
FULL KOMBAT & BODYCOMBAT: THE WORKOUT.

Both belong to combat-inspired fitness. No contact, music, punches and kicks are not unique Full Kombat selling points. A fair comparison identifies the overlap before discussing the brands and their arrangements. [2][5]

AREA	FULL KOMBAT	LES MILLS BODYCOMBAT
Programme identity	FGI; developed in Bolivia. [1]	A Les Mills programme. [5]
Format	Combat fitness, not self-defence. [2]	Non-contact, martial-arts-inspired fitness. [5]
Contact / equipment	Local taster brief: neither required. [O]	No equipment and no contact. [5]
Duration	This taster: 60 min; not a verified universal standard. [O]	Officially listed: 30/45/55 min. [5]
Options	Observe the actual coaching and options at the taster.	Simpler / lower-impact options are described officially. [5]
Personal fit	Your experience, learning value and local support.	Your experience, existing qualification and teaching setting.

NOT A REPLACEMENT CONTEST

This guide does not establish that either programme is safer, burns more fat or suits everyone. A different brand is not evidence of superior outcomes.



THE INSTRUCTOR PATHWAY

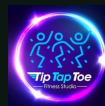
COMPARE THE PATHWAY, NOT JUST THE DAYS.

For Malaysian readers, Les Mills Asia Pacific is more relevant than a generic description from another market. Its current Signature pathway separates Days 1–2, subsequent practice and Day 3 assessment. “Two days equals certification” is therefore misleading. [6]

TOPIC	THIS FULL KOMBAT INTAKE	LES MILLS ASIA PACIFIC
Published format	7–8 Nov; 9 AM–5 PM. [O]	Signature pathway includes a third assessment day. [6]
Certification	Confirm assessment, pass criteria and issuer.	Assessment outcomes and re-sit arrangements are published. [6]
Preparation / support	Confirm materials, mentoring and practice support.	Resources and club/mentor support are described. [6][12]
Music / updates	FGI has an instructor app; intake access and fees need confirmation. [4]	Quarterly choreography/music resources are described. [7]
Commercial teaching	Request local authorisation and usage terms.	Check current regional, qualification and facility conditions.

DURATION DOES NOT ESTABLISH QUALITY

A two-day booking describes this event schedule. It does not prove an easier qualification, immediate teaching rights, broader recognition or lower total costs.



ALREADY A BODYCOMBAT INSTRUCTOR?

ALREADY QUALIFIED? WHY EXPLORE ANOTHER PROGRAMME?

You do not have to reject your existing programme to keep learning. The key question is whether the additional learning is useful and whether you have the time, resources and teaching context to apply it. These are development considerations, not income promises.

01 A DIFFERENT TEACHING PERSPECTIVE

Observe another educator's demonstrations, explanations and class organisation. Compare principles and reflect on habits while retaining each programme's required delivery.

02 LEARN ANOTHER PROGRAMME IDENTITY

Explore Full Komбат's terminology, music and sequencing rather than relabelling a familiar routine. Similar movements do not make two programmes interchangeable.

03 EXPAND OPTIONS WHERE THERE IS DEMAND

Where a facility has demand and you meet the relevant requirements, another programme may widen teaching options. Establish demand and support before committing to the learning and ongoing costs.

KEEP THE STRENGTHS YOU ALREADY HAVE

Musicality, observation, communication and class experience may support learning. They are not automatic conversion, assessment exemption or cross-brand commercial permission.

TRANSFER SKILLS, NOT ASSETS

TRANSFER THE SKILLS. LEARN THE NEW SYSTEM.

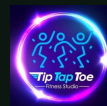
EXISTING SKILL	HOW IT MAY HELP	WHAT STILL NEEDS ATTENTION
Beat / phrase awareness	Recognise movement-and-music relationships.	The actual Full Kombat tracks and choreography.
Verbal / visual cueing	Prepare participants for the next task.	Programme terminology and delivery expectations.
Movement observation	Notice difficulties with timing or control.	Trainer-specified technique and corrections.
Group management	Attend to space, responses and engagement.	The venue's and programme's actual rules.

KEEP SEPARATE KEEP BRANDED CONTENT AND PERMISSIONS SEPARATE

Manage each programme's music, videos, notes, logos and promotional material separately. Knowing a movement does not authorise reuse of another brand's release. Before commercial delivery, check your instructor agreement, employment arrangements and content permissions.

A USEFUL SELF-CHECK

"Can I explain this Full Kombat class on its own terms, rather than only saying it resembles another class?" That is a better learning goal than simply adding a label.



THE TWO-DAY JOURNEY

TWELVE MODULES. ONE LEARNING PATHWAY.

This is an indicative learning pathway built from the discussed themes. FGI's public material supports physiology, technique, human movement, music and instruction themes. Allocation to Day 1/Day 2 and the exercises here are explanatory—not an approved hour-by-hour syllabus. [3]
[P]

DAY 1 • LEARN THE SYSTEM

01 Programme DNA; sport versus fitness

02 Applied exercise science

03 Human movement fundamentals

04 Full Kombat technique fundamentals

05 Movement quality and safety

06 Music and movement

DAY 2 • COACH THE SYSTEM

07 Building the class experience

08 Cueing and communication

09 Instructor presence

10 Coaching different fitness levels

11 Practical teaching workshop

12 Feedback, review and next steps

THREE WAYS TO LEARN

Understand the ideas → practise movement and music → practise explaining and leading.
Any formal assessment, its timing, criteria and re-sit arrangements must be confirmed by FGI/Kero.

DAY 1 • MODULES 01-03

LEARN THE SYSTEM. BUILD THE FOUNDATION.

Indicative topics and practice examples; subject to the trainer's final plan.

01 The Full Kombat DNA

UNDERSTAND Understand the programme's purpose, the boundary between fitness and self-defence/competition, and how a fitness class differs from a combat sport.

PRACTICE EXAMPLE Practise a 30-second introduction for a newcomer without promises of fat loss or defining the class only through another brand.

SELF-CHECK I can explain what the class is—and what it is not.

02 Applied Exercise Science

UNDERSTAND Explore the proposed physiology, intensity and recovery topics. Distinguish effort from purposeful class design; exhaustion alone is not a teaching-quality measure.

PRACTICE EXAMPLE Observe an authorised example, note changes in effort and ask why they occur. Do not assume you may redesign the release.

SELF-CHECK I can describe the change in effort and ask a specific question about recovery.

03 Human Movement Fundamentals

UNDERSTAND Learn the language of body planes and axes, posture, balance, direction and transitions. The aim is clearer observation, not diagnosis of injuries.

PRACTICE EXAMPLE Using the trainer's demonstration, describe direction, support and movement transitions. Turn uncertain technical details into questions.

SELF-CHECK I can describe a movement in language a participant can understand.

DAY 1 • MODULES 04-06

LEARN THE SYSTEM. BUILD THE FOUNDATION.

Indicative topics and practice examples; subject to the trainer's final plan.

04 Full Kombat Technique Fundamentals

UNDERSTAND Proposed topics include stance, guard, punches/strikes, kicks, knee-based movements and transitions. The trainer must confirm the exact scope and standards.

PRACTICE EXAMPLE Break down a combination under supervision, then add music. Prioritise clarity, control and consistency rather than maximum speed or range immediately.

SELF-CHECK I can demonstrate and explain while recognising what still needs correction.

05 Movement Quality & Safety

UNDERSTAND Discuss control, range, alignment, execution errors and class space. Safety is a teaching focus—not a guarantee that injury cannot occur.

PRACTICE EXAMPLE When observing practice, choose one clear, useful feedback point. Do not diagnose pain or physical problems beyond your qualifications.

SELF-CHECK I can give concise feedback and recognise the limits of my competence.

06 Music & Movement

UNDERSTAND Explore counts, phrases, rhythm and transition cues. Moving on the beat and preparing a group for the next task are related but different skills.

PRACTICE EXAMPLE With authorised practice music, listen first, then count, move and finally cue. Notice where cues are early, late or excessive.

SELF-CHECK I can identify a transition and leave space for participants to hear the music.

DAY 2 • MODULES 07-09

COACH THE SYSTEM. LEAD THE CLASS.

Indicative topics and practice examples; subject to the trainer's final plan.

07 Building the Class Experience

UNDERSTAND Connect individual movements to the whole class: sequencing, effort/recovery, transitions and the participant journey. Delivery must follow the programme's requirements.

PRACTICE EXAMPLE Map a short section and explain where participants need preparation. Ask the trainer how much programming discretion is permitted.

SELF-CHECK I can explain how sections connect, rather than only reciting moves.

08 Cueing & Communication

UNDERSTAND Explore verbal and visual cues, timing and previews. A useful cue helps participants act; it is not merely continuous speech.

PRACTICE EXAMPLE Practise cueing the task, direction and transition in a short combination. Ask a partner what they actually understood.

SELF-CHECK My cues are brief, timely and relevant to the participant's next action.

09 Instructor Presence

UNDERSTAND Explore voice, attention, confidence, motivation and group connection. The aim is to lead participants, not make every instructor copy one personality.

PRACTICE EXAMPLE Rehearse a welcome and one encouraging statement. Notice whether performing has distracted you from observing the group.

SELF-CHECK I can retain my own style while providing clear, respectful and purposeful guidance.

DAY 2 • MODULES 10-12

COACH THE SYSTEM. LEAD THE CLASS.

Indicative topics and practice examples; subject to the trainer's final plan.

10 Coaching Different Fitness Levels

UNDERSTAND Understand regressions, progressions, intensity options and accessibility. The trainer must identify permitted options. Broad accessibility does not remove the need for screening.

PRACTICE EXAMPLE Ask how a participant who needs a simpler option could remain involved. Observe how the trainer presents those choices.

SELF-CHECK I can offer choices without embarrassing participants or exceeding my scope.

11 Practical Teaching Workshop

UNDERSTAND The suggested practice integrates movement, music, cueing and observation. Individual teaching turns, duration and recording arrangements require final confirmation.

PRACTICE EXAMPLE When scheduled and permitted, lead a short section, receive one strength and one improvement point, then practise again.

SELF-CHECK I can change the next attempt in response to specific feedback.

12 Feedback, Review & Next Steps

UNDERSTAND Review the principles, technical questions and practice priorities. Written/practical tests, pass thresholds, re-sits and award conditions require confirmation by FGI/Kero.

PRACTICE EXAMPLE Write a practical plan: what to rehearse, how to observe progress and whom to ask for appropriate feedback. The plan is not certification.

SELF-CHECK I know the next step—and which qualifications or permissions I do not yet have.

LEARNING OUTCOMES

WHAT SHOULD PROGRESS LOOK LIKE?

Progress is more useful than simply “I survived the weekend”. Look for the ability to describe, demonstrate, explain and respond to feedback. The following are suggested self-observations, not an FGI marking rubric or an invented pass score. [P]

CAPABILITY	AN OBSERVABLE EXAMPLE
Programme understanding	Explain the purpose and boundaries to a newcomer.
Movement and music	Recognise a transition and rehearse it in manageable steps.
Communication	Give one timely, brief, actionable cue.
Participant awareness	Notice someone struggling with timing, space or options.
Response to feedback	Apply one specific improvement on the next attempt.
Professional judgement	Distinguish attendance, passing assessment and teaching permission.

COMPLETION IS A START, NOT A GUARANTEE

The weekend can establish a learning direction; fluency still requires practice. Do not describe attendance as certification or a possible future teaching opportunity as a secured job.

Write down three things: one principle you understand better, one skill to rehearse and one condition to clarify with the organiser. [P]

YOUR QUESTIONS ANSWERED

QUESTIONS BEFORE YOU ENROL.

Q1 CAN I EXPLORE IT WITHOUT MARTIAL-ARTS EXPERIENCE?

You can explore combat-fitness as a participant. Age, fitness, prior qualifications and other entry requirements for instructor training must be checked. An accessible taster does not mean the instructor course has no prerequisites.

Q2 WHAT LANGUAGE WILL THE TRAINING USE?

The Malaysian teaching, interpretation, materials and assessment languages have not been confirmed. Do not assume Thai-only delivery or promise bilingual support.

Q3 DOES BODYCOMBAT QUALIFICATION GIVE AN EXEMPTION?

No automatic conversion, credit or assessment exemption has been supplied. Previous experience may help learning, but Full Kombat requirements must still be checked.

Q4 IS A CERTIFICATE GUARANTEED AFTER TWO DAYS?

Distinguish attendance, course completion and a teaching qualification. Confirm the exact award, issuer and conditions. This guide does not promise automatic certification.

Q5 CAN I ATTEND ONLY THE FREE TASTER?

The organiser promotes the one-hour taster separately from the two-day course. Confirm how the 10 free places are allocated and make any further decision after reviewing the training terms.
[O]

PARTICIPATION GUIDANCE

PREPARE TO LEARN WELL.

BEFORE GET THE JOINING INFORMATION

Confirm arrival time, the exact room, language, pre-work, recording permission, breaks and food arrangements. Use only materials you are authorised to access; do not borrow restricted accounts.

BRING PACK FOR MOVEMENT AND LEARNING

Suggested items include appropriate exercise clothing, a spare change, towel, water, note-taking materials and any requested device or headphones. This is a packing suggestion, not confirmation that a complete resource pack is included.

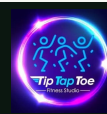
READINESS CHECK YOUR READINESS

Pre-participation screening can identify when advice from a qualified exercise or healthcare professional is appropriate. Raise injuries, relevant conditions or existing activity restrictions before taking part. [11]

YOUR RESPONSIBILITY IN THE ROOM

Maintain space, follow instructions and ask questions when needed. Do not hide a problem simply to keep up. Reconsider participation if your condition changes; this guide is not personalised medical advice.

Learning mindset: aim to explain the experience to another person, not merely to sweat the most. [P]



EVENT & REGISTRATION

EVENT & REGISTRATION DETAILS.

DETAIL	FREE MASTERCLASS	INSTRUCTOR TRAINING
Date	Saturday, 7 November 2026	Saturday–Sunday, 7–8 November 2026
Time	9:00–10:00 AM; one hour	9:00 AM–5:00 PM, both days
Places / fees	10 free places; first come, first served	Request current written fees and availability
Purpose	Experience the programme	Explore and learn the instructor pathway
Outcome	Not instructor certification	Subject to confirmed award and assessment conditions

VENUE & CONTACT

Tip Tap Toe Fitness Studio

1-1, Jalan Puteri 5/7, Bandar Puteri,
47100 Puchong, Selangor, Malaysia

Karen • +60 12-686 7559

[Open WhatsApp to enquire](#). Confirm event access, parking and arrival arrangements. [8][O]

Price note: fees and inclusions are subject to the organiser's current written quotation. The free taster does not make the instructor training free. Request the total, currency, early-bird deadline, taxes, inclusions, cancellation/rescheduling terms and any ongoing fees.

Timing note: 9 AM–5 PM is an event window, not eight net teaching hours or continuous high-intensity exercise. Breaks and the relationship to the taster require confirmation.

QUALIFICATION & SUPPORT

LOOK BEYOND THE CERTIFICATE.

Before paying, obtain the following in writing. Evidence that a programme and resources exist does not establish your fee inclusions, teaching rights or support entitlement.

AWARD AWARD & ASSESSMENT

Who issues the award? Is it based on attendance or on practical, written or video assessment? What are the criteria, re-sit arrangements, additional charges and validity period?

RESOURCES MATERIALS, MUSIC & VIDEO

Are a manual, choreography notes and demonstration videos included? Does this intake include FGI app access, for how long and with what update charges? The public app description establishes only that it serves current instructors. [4]

TEACHING CONDITIONS FOR TEACHING

Is personal or facility authorisation also required? Where may you teach? What about streaming, recordings, logo use and continuing education? An enrolment screenshot does not answer these questions.

FOR INSTRUCTORS OF ANOTHER BRAND

Check your existing agreement with the relevant brand and employer. Exploring another programme and being permitted to teach it commercially at a particular venue are different questions. This guide does not determine your contract.

AFTER THE WEEKEND

TURN A WEEKEND INTO CONTINUED PRACTICE.

This suggested 30-day learning plan is not the FGI certification process and does not promise mentoring or employment from TTT. Obtain appropriate permission for teaching practice, recording and material use. [P]

WEEK 1 ORGANISE & CLARIFY

Organise notes and identify three important questions. Confirm whether your status is attendance, awaiting assessment or a specific award. Clarify authorised resources and formal next steps.

WEEK 2 REHEARSE ONE PRIORITY AT A TIME

Separate movement, music and cues before combining them. Prioritise one specific feedback point rather than assuming memorising a track resolves every teaching skill.

WEEK 3 SEEK USEFUL FEEDBACK

Where permitted and arranged, practise a short section in an appropriate setting. Record only with consent. Ask about observable behaviour, such as cue timing, rather than appearance alone.

WEEK 4 PLAN THE NEXT FORMAL STEP

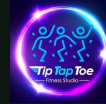
Prepare for assessment, further practice or a facility discussion as appropriate. Promote formal teaching only once qualification and permission are clear. Set a specific goal without treating opportunity as guaranteed income.

KEEP A THREE-QUESTION LOG

What is clearer now? What will I improve next? Who can give me appropriate feedback?



**FULL
KOMBAT** DESPIERTA EL GUERRERO QUE LLEVAS DENTRO



IMPORTANT DISTINCTIONS

CLEAR CLAIMS. CREDIBLE EXPECTATIONS.

WHAT THIS GUIDE SAYS

WHAT IT DOES NOT ESTABLISH

TTT states that it is the first Malaysian introducer. [O]

Unverified exclusive national rights, programme invention or an Asian debut.

The programme comes from Bolivia; Kero is from Thailand. [1]

The trainer's country as the programme's country of origin.

Twelve indicative modules explain a learning direction. [P]

An FGI-approved local timetable, exam or grading rubric.

A two-day instructor-training event is advertised. [O]

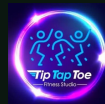
Automatic passing or unrestricted commercial teaching after attendance.

A separate one-hour taster has a 10-place free allocation. [O]

Free two-day training or a live count of 10 spaces remaining.

Still to confirm: the scope/evidence for the first-introducer claim, final curriculum and language, assessment and award, resource access, teaching/content terms, current fees and cancellation arrangements. An omitted condition is not proof that none exists.

Images and comparison: supplied logos and trainer photos are not proof that the event has occurred, sold out or received accreditation. BODYCOMBAT is discussed for comparison; no endorsement or participation by Les Mills is implied.



SOURCES & FURTHER READING

SOURCES & FURTHER READING 01.

Select a source title to open the original page. Pages can change; this edition uses material retrieved by 16 September 2026. Promotional descriptions are not independent efficacy studies or automatic confirmation of local course authorisation.

1 **SPORTEC Thailand – Full Kombat with Kero Natthapong (K Studio)**

Event-organiser profile: Bolivian developer, workshop description, the 26 June 2026 Thailand session and Kero's biography.

www.sportecthailand.com

2 **Fitness Group International – Full Kombat programme introduction**

FGI's public introduction positions Full Kombat as combat fitness rather than martial arts or self-defence. Direct social-platform access may be restricted.

www.facebook.com

3 **Fitness Group International – Full Kombat certification announcement**

Indexed content of FGI's 15 April 2026 certification announcement lists fitness/sport, physiology, technique, movement, music and instruction themes—not a Malaysian hour-by-hour agenda.

www.facebook.com

4 **Fitness Group International – Instructor app on Google Play**

Developer description: videos and music for current FGI instructors. Access, duration and fees for this local intake require confirmation.

play.google.com

5 **Les Mills – BODYCOMBAT programme**

Official programme overview: no contact, no equipment, music, intensity options and 30/45/55-minute formats.

www.lesmills.com

6 **Les Mills Asia Pacific – Initial Training**

Regionally relevant Signature pathway: Days 1–2, a practice pathway and Day 3 assessment. Programme and market rules must be checked for the intake.

www.lesmills.com.au

SOURCES & EDITORIAL NOTES

SOURCES 02 & EDITORIAL NOTES.

7 Les Mills Asia Pacific – Quarterly Releases

Official information on quarterly music, choreography and teaching-resource releases.

www.lesmills.com.au

8 Tip Tap Toe – Official public studio page

Public studio address and contact number, consistent with the organiser's correction: Puchong, Selangor.

www.facebook.com

9 Ticket2U – DANCESSS PARTYYY TTT 6th ANNIVERSARY

Organiser event listing for 5 November 2023: a sixth-anniversary event advertising guests from Korea, the Philippines and Austria.

www.ticket2u.com.my

10 Ticket2U – Fitness Fiesta 2025

Organiser listing with Body Combat, FitHop, Salsation and Zumba. Used as event history, not as evidence of the current weekly timetable.

www.ticket2u.com.my

11 CSEP – Get Active Questionnaire

Professional exercise-physiology guidance on pre-participation screening; general preparation, not individual medical advice.

csep.ca

12 Les Mills Asia Pacific – Club Endorsement

Official explanation of club support and mentoring in the Les Mills pathway; not evidence of Full Kombat arrangements.

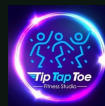
www.lesmills.com.au

[O] ORGANISER INFORMATION; [P] INDICATIVE PLAN

[O] marks organiser-supplied dates, location, free places and first-introducer status. The venue is in Puchong, Selangor.

[P] marks an indicative pathway, exercises or development suggestions. FGI/Kero must confirm the formal curriculum and assessment.

16 September 2026 • Malaysia introduction. This information guide is not an official instructor manual. Brand names belong to their owners.



YOUR NEXT STEP

EXPERIENCE IT. LEARN IT. GROW INTO LEADERSHIP.

A Bolivian programme. A visiting educator from Thailand. A local opportunity in Puchong. The next step is not collecting certificates blindly—it is understanding the offer, checking the conditions and choosing learning worth pursuing.

TIP TAP TOE FITNESS STUDIO

Puchong, Selangor, Malaysia

Instructor training: 7–8 November 2026 · 9 AM–5 PM

Separate free taster: 7 November · 9–10 AM

10 free places, first come, first served; check availability. [O]



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SCAN OR TAP TO ENQUIRE

From participant to coach.

The value of learning appears in how you help others participate, understand and progress.