

● BLOODCODE LABS × ALPHA RED TEAM

How to Master AI

The practical field guide to using Artificial Intelligence like a professional — effectively, safely, and with an edge.

Field Guide · 2026 Edition | by Stefan Spasov | Companion to
your AI Mastery Certification

Introduction — Why This Guide

Artificial Intelligence is the single biggest leverage tool of this decade. But 90% of people use it like a toy — they type one lazy sentence, get an average answer, and conclude "AI isn't that good." The other 10% treat it like a skilled teammate and 10x their output. This guide moves you into that 10%.

You do not need to be a programmer. You need a **method**. Below is the exact method: how AI actually thinks, how to talk to it, the frameworks that get pro-level results, the workflows that save hours, and the safety rules that keep you and your clients out of trouble.

How to read this: Each section ends with something you can use today. Try one technique per day for two weeks and AI will feel like a superpower.

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1. How AI Actually Works

A large language model (LLM) like Claude or GPT is a **prediction engine**. It reads your text and predicts the most likely next words, one piece at a time, based on patterns learned from enormous amounts of text. It is not a database and it is not "looking things up" — it is generating.

Three consequences you must internalise:

- **Context is everything.** The model only knows what's in the conversation plus what it learned in training. Give it more relevant context and the output improves dramatically.
- **It can be confidently wrong (a "hallucination").** Because it generates plausible text, it can invent facts, citations, or code that looks right but isn't. Always verify important outputs.
- **It has a knowledge cutoff.** It may not know about very recent events unless you paste that information in or it has a live tool.

Takeaway: Treat AI as a brilliant, fast, slightly overconfident intern. Direct it well, and check its work.

2. The 5 Rules of a Great Prompt

Rule	Weak	Strong
1. Be specific	"Write about marketing."	"Write 5 Instagram captions for a Serbian cybersecurity startup targeting small business owners."
2. Give context	"Fix my email."	"Here's my email to a client who's late paying. Keep it firm but polite, 4 sentences."
3. Set a role	"Explain SQL injection."	"Act as a senior pentester. Explain SQL injection to a non-technical business owner."
4. Define the format	"Give me ideas."	"Give me 10 ideas as a numbered list, each max 12 words."
5. Show an example	"Write a product name."	"Write a product name in this style: 'BloodCode', 'IronGate', 'NightOwl'."

Do this now: Take your last vague AI request and rewrite it applying all 5 rules. Compare the answers.

3. The C.R.A.F.T. Prompt Framework

When you want a serious result, structure the prompt with C.R.A.F.T.:

Letter	Meaning	Example
C	Context — the background & goal	"I run a security company in Serbia. I want more clients."
R	Role — who the AI should be	"Act as a B2B sales copywriter."
A	Action — what to do	"Write a cold email offering a free security health check."
F	Format — how to deliver	"Under 120 words, one clear call to action."
T	Tone — the voice	"Confident, direct, no fluff."

CONTEXT: I run a cybersecurity company in Serbia and want more SMB clients.
ROLE: Act as an expert B2B sales copywriter.
ACTION: Write a cold email offering a free 48-hour Security Health Check.
FORMAT: Under 120 words, subject line + body, one call to action.
tone: Confident and direct, no fluff, no hype.

4. Power Techniques

Role prompting

Assigning a role focuses the model's knowledge. "Act as a tax accountant / Linux sysadmin / children's author" instantly changes vocabulary, depth, and priorities.

Few-shot (show examples)

Give 2–3 examples of the input → output you want. The model copies the pattern. This is the single fastest way to control style and structure.

Step-by-step reasoning

For anything with logic — math, planning, debugging — add **Think step by step before answering.** The model reasons more carefully and makes fewer mistakes.

Iteration (the real secret)

Pros rarely accept the first answer. They steer: *"Shorter."* *"More aggressive."* *"Now rewrite it for LinkedIn."* *"Give me 3 variations."* Treat it as a conversation, not a vending machine.

Pro move: End big prompts with **Ask me up to 3 questions before you start if anything is unclear.** The AI gathers what it needs and the result gets far better.

5. Real Workflows That Save Hours

Task	How to use AI
Email & messages	Paste the thread → "Draft a reply that achieves X in the right tone."
Learning fast	"Explain X like I'm 10, then like a professional. Then quiz me with 5 questions."
Content creation	One idea → "Turn this into a carousel, a reel script, and 3 captions."
Documents	Paste a long doc → "Summarise in 7 bullets and list any risks."
Coding	"Write + explain this script. Add comments. List what could break."
Decisions	"Give me the case for and against, then your recommendation with reasons."

6. Ready-to-Steal Templates

Learn anything

Teach me [TOPIC]. Start with a simple analogy, then the core idea, then 3 practical examples. Finish by quizzing me with 5 questions.

Summarise & extract

Summarise the text below in 7 bullets. Then list action items and any risks or missing information. Text: [PASTE]

Improve my writing

Rewrite the text below to be clearer and more persuasive, same meaning, same length or shorter. Keep my voice. Text: [PASTE]

Brainstorm like a pro

Give me 20 ideas for [GOAL]. Range from safe to bold. Then pick the top 3 and explain why they'd work best for my situation: [CONTEXT]

7. AI Safety & Privacy

Using AI professionally means protecting yourself, your company, and your clients.

- **Never paste secrets.** No passwords, API keys, card numbers, or credentials into public AI tools.
- **Protect personal data.** Sharing a client's private data with a public AI can breach GDPR and your contracts. Anonymise first, or use a private/enterprise AI.
- **Verify before you trust.** Fact-check names, numbers, legal and medical claims, and any code before it goes live.
- **Own the output.** You are responsible for what you publish or ship — not the AI. Review it.
- **Disclose when it matters.** Some contexts (academic, legal, journalistic) require you to state that AI was used.

Rule of thumb: If you'd be uncomfortable seeing it posted publicly, don't paste it into a public AI tool.

8. Red-Team Awareness

As AI spreads, so do AI-specific attacks. Knowing them is part of mastery.

Prompt injection

Attackers hide instructions inside content (a web page, a document, an email) that an AI later reads — trying to hijack it into leaking data or taking harmful actions. If you build AI tools: never blindly trust text the model ingests, and keep the model's powers limited.

Hallucination risk

The more critical the decision, the more you verify. For anything legal, financial, medical, or security-related, treat AI output as a *draft to check*, never as final truth.

Data leakage

Assume anything you type into a public tool could be stored or reviewed. Keep sensitive work in tools that guarantee privacy.

Mastery mindset: The goal isn't to trust AI blindly or to fear it — it's to **direct it and verify it**. That balance is what separates amateurs from professionals.

9. Your 14-Day Mastery Plan

Day	Focus
1–2	Rewrite 5 old prompts using the 5 Rules. Feel the difference.
3–4	Use C.R.A.F.T. for one real task each day (email, post, plan).
5–6	Practice role prompting and few-shot examples.
7–8	Add "think step by step" to a hard problem. Learn to iterate.
9–10	Build a workflow: turn one idea into 5 content pieces.
11–12	Apply the safety & privacy rules to your real work.
13–14	Teach someone else one technique. Teaching = mastery.

You're certified — now compound it. Every day you direct AI a little better, your output grows. In a year, the gap between you and everyone else is enormous.