

LEVEL 1 – PRE-TEST

NAME:

DATE:

INSTRUCTOR:

MECHANICAL ADVANTAGE SUBJECT CONTROL**Hand-to-Hand Subject Control with M.A.C.H.® Holds**

1. M.A.C.H.® 1 is considered what type of hold?
2. Define the term "Recovery" in the Controlled F.O.R.C.E.® system of training.
3. Explain why someone would change from one M.A.C.H.® to another.
4. When teaching the hand-to-hand segment of training, which side of the body would be best to start with and why?
5. Of all the holds taught, which is guaranteed by Controlled F.O.R.C.E.® to always work?
6. In the Controlled F.O.R.C.E.® system, all emphasis is placed on the M.A.C.H.® Holds themselves.
7. When performing M.A.C.H.® Techniques, whether in hand-to-hand, baton, partners, or handcuffing, the single most important factor must always be:

M.A.C.H.® Takedowns & Handcuff Positioning Techniques

4. When performing a M.A.C.H.® handcuff positioning technique, is the main focus on applying handcuffs or on maintaining control while rolling the suspect into the prone position?
5. What strikes does Controlled F.O.R.C.E.® teach in the handcuffing section of the training?

6. At any time during the Controlled F.O.R.C.E.® training were you told to abandon what you are currently using for handcuffing training?

M.A.C.H.® Baton Subject Control

1. When using M.A.C.H.® Techniques in conjunction with the baton, what strikes are taught?
3. With which hand should one become proficient when working with the baton?

M.A.C.H.® Team Arrest Tactics

1. When in a situation that requires partners and Controlled F.O.R.C.E.® is being used, what is the most important factor for successful application?
3. When using Controlled F.O.R.C.E.® as partners, which partner is usually the best anchor?
5. When two officers are applying Mechanical Advantage Control Holds, they must use the same exact holds to keep the subject moving in the same direction. T or F

In-Holster Weapon Retention

3. What must never be done when applying in-holster weapon retention techniques?
4. Does gender and size make a difference in the effectiveness of in-holster weapon retention techniques?
5. When practicing in-holster weapon retention, should you be using a fake sidearm?