

LEVEL 2 - WRITTEN TEST

NAME:

DATE:

INSTRUCTOR:

SURVIVAL FORCE REACTIONARY DEFENSE

Hand-to-Hand Protection and Disruption Techniques

1. When an opponent charges you with a face grab, what are two actions you could take?
2. What is the overall goal of the Lead Hand Drills?
3. What is the purpose for the elbow roll?
4. At any time during Controlled F.O.R.C.E. training were you told to stand directly in front of an opponent during a conflict or arrest, and to use the lead hand drills as a means of defense?
5. At any time during Controlled F.O.R.C.E. training were you told to abandon what you are currently using for hand-to-hand training?
6. What is the purpose for a disruption technique as taught in Controlled F.O.R.C.E. training?
7. What is a disengage considered?
8. During Step One of the Lead Hand Drills, you are working on the _____?
9. During Step Two of the Lead Hand Drills, you are working on the _____?
10. During Step Three of the Lead Hand Drills, you should _____?
11. Step Four of the Lead Hand Drills teaches you how to _____.

Baton Protection and Disruption Techniques

1. What is the main purpose of the baton “windshield wiper” drill?
2. In Controlled F.O.R.C.E. training, were you told **not** to utilize strikes with the baton?
3. At any time during Controlled F.O.R.C.E. training were you told to abandon what you are currently using for baton training?
4. Does Controlled F.O.R.C.E. teach that if you are faced with a sudden attack, you should move straight backwards in order to create distance?

Knife Awareness and Defense

1. When faced with a knife attack, what is the first and most important thing you should do?
2. If a subject is close to you and suddenly attacks with a knife, what should you do to prevent sustaining a lethal cut?
3. What is the two-step technique in Controlled F.O.R.C.E. that can assist in preventing a lethal cut if you are caught in close quarters with a knife attacker?
4. At any time during Controlled F.O.R.C.E. training were you told to abandon what you are currently using for knife defense training?
5. What are two proactive or preventative measures you may take that will increase your chances of surviving a knife attack?
6. At any time during the Controlled F.O.R.C.E. knife awareness drills were you told to remain in close quarters with an assailant who has a knife?

Ground Defense and Escapes

1. The primary focus of Controlled F.O.R.C.E. ground defense training is to make you comfortable with fighting on the ground.
2. If you end up on the ground in a position of disadvantage while involved in a confrontation, what should be your primary goal?
3. What two M.A.C.H. holds could assist you with escaping from an opponent who has a full mount position over you on the ground?
4. After escaping from your opponent on the ground, you should only transition to Handcuffing / M.A.C.H. hold integration if you feel that you are in control of the situation.
5. At any time during CF Level 2 training were you told to abandon what you are currently using for ground defense and escapes training?

Out-of-Holster Weapon Retention and Weapon Disarms

1. Controlled F.O.R.C.E. training focuses on training the officer to work or move to the outside of an opponent's body?
2. What is a common denominator in out-of-holster weapon retention training?
3. Is Controlled F.O.R.C.E. weapon disarms training a "Reactionary" based training system or a "Thought-Process" based training system? Explain your answer.
4. At any time during Controlled F.O.R.C.E. training were you told to abandon what you are currently using for out-of-holster weapon retention training?