

LEVEL 1 - WRITTEN TEST - ANSWER KEY

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?

ANSWER: Strength and Entry

2. Define the term "Recovery" in the Controlled F.O.R.C.E. system of training.

ANSWER: The amount of time it takes to adjust to change

3. Which strikes does Controlled F.O.R.C.E. teach in the hand-to-hand portion of the training?

ANSWER: None

4. List two things that must be done when applying M.A.C.H. 3?

ANSWER: Check Trap

5. When performing M.A.C.H. 3, if a suspect resists, where would they apply pressure to themselves?

ANSWER: Wrist Elbow Shoulder

6. What are the points of control for M.A.C.H. 4?

ANSWER: Wrist Triceps

7. List two things that must be done when applying M.A.C.H. 5?

ANSWER: Check Trap

8. Explain why someone would change from one M.A.C.H. to another.

ANSWER: Environment or situation changes.

9. When teaching the hand-to-hand segment of training, which side of the body would be best to start with and why?

ANSWER: Either side. The suspect dictates which side of the body you would start with so you must be proficient on both sides.

10. Of all the holds taught, which is guaranteed by Controlled F.O.R.C.E. to always work?

ANSWER: None

11. In the Controlled F.O.R.C.E. system, all emphasis is placed on the M.A.C.H. Holds themselves.

ANSWER: False. Emphasis is placed on transitions between the holds and movement.

12. When performing M.A.C.H. Techniques, whether in hand-to-hand, baton, partners, or handcuffing, the single most important factor must always be:

ANSWER: Control

13. How would you explain "options"?

ANSWER: Transitions to or integration other techniques or other compliance tools that have been approved by your department or employer.

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

ANSWER: No

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

1. Before applying handcuffs, the suspect should be in what position?

ANSWER: Prone

2. If the subject is taken down with M.A.C.H. 1, what hold should you transition to in order to place the suspect in a handcuff position?

ANSWER: M.A.C.H. 3 or M.A.C.H. 5

3. If the subject was taken down using M.A.C.H. 2, what hold should you transition to in order to place the suspect in a handcuff position?

ANSWER: M.A.C.H. 4

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?

ANSWER: Maintaining control

5. What strikes does Controlled F.O.R.C.E. teach in the handcuffing section of the training?

ANSWER: None

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?

ANSWER: No

M.A.C.H. Baton Subject Control

1. When using M.A.C.H. Techniques in conjunction with the baton, what strikes are taught?

ANSWER: None

2. What word best describes the Controlled F.O.R.C.E. use of the baton?

ANSWER: Leverage. Extension.

3. With which hand should one become proficient when working with the baton?

ANSWER: Both. Because the baton transitions between your hands as you transition through the M.A.C.H. holds.

4. When using Mechanical Advantage Control Holds with the baton, what two things must be done with M.A.C.H. 3 and 5 before applying the holds with the baton?

ANSWER: Check Trap

5. When using M.A.C.H. 4 with the baton, to what part of the body is the baton applied?

ANSWER: Triceps

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

ANSWER: No

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?

ANSWER: Communication

2. What two verbal commands would be used when working with a partner? Define each.

ANSWER:

Lock. First officer that has control of the subject communicates that he has the "lock," or he has the hold.

Clear. Second officer releases his hold and communicates that he is "clear," or he temporarily disengages.

3. When using Controlled F.O.R.C.E. as partners, which partner is usually the best anchor?

ANSWER: Smaller or least experienced officer

4. What strikes does Controlled F.O.R.C.E. teach in the teamwork and partners portion of the training?

ANSWER: None

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.

ANSWER: False. M.A.C.H. 1, 3, 5 can be used together to move backward. M.A.C.H. 2, 4 can be used together to move forward.

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

ANSWER: No

In-Holster Weapon Retention

1. Define main focus of the Controlled F.O.R.C.E. approach to weapon retention?

ANSWER: Retain your weapon

2. List two things that must be done when applying any of the Controlled F.O.R.C.E. weapon retention techniques?

ANSWER: Trap or lock the weapon in the holster and spin.

3. What must never be done when applying in-holster weapon retention techniques?

ANSWER: Never lift the hand up off the weapon.

4. Does gender and size make a difference in the effectiveness of in-holster weapon retention techniques?

ANSWER: No. Anyone can apply enough pressure to trap the hand on the weapon.

5. When practicing in-holster weapon retention, should you be using a fake sidearm?

ANSWER: No. Too high a risk of injury.

6. At any time during the Controlled F.O.R.C.E. training were you told to abandon what you are currently using for in-holster weapon retention?

ANSWER: No