

LEVEL 2 - WRITTEN TEST - ANSWER KEY

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?

ANSWER: Protect the face. Open the door and step off the track (remember Trading Places drill).

2. What is the overall goal of the Lead Hand Drills?

ANSWER: Hand / eye coordination.

3. What is the purpose for the elbow roll?

ANSWER: Protect the face and work to the outside.

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?

ANSWER: No. Lead Hand Drills are designed as drills to achieve a high number of repetitions.

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?

ANSWER: No

6. What is the purpose for a disruption technique as taught in Controlled F.O.R.C.E. training?

ANSWER: To create a window of opportunity to disengage or re-engage. Displace the opponents balance.

7. What is a disengage considered?

ANSWER: A transition.

8. During Step One of the Lead Hand Drills, you are working on the _____? ANSWER: Inside

9. During Step Two of the Lead Hand Drills, you are working on the _____? ANSWER: Outside

10. During Step Three of the Lead Hand Drills, you should _____? ANSWER: Disengage

11. Step Four of the Lead Hand Drills teaches you how to _____.

ANSWER: Let go of failure and deal with the new immediate threat .

Baton Protection and Disruption Techniques

1. What is the main purpose of the baton “windshield wiper” drill?

ANSWER: To work from the inside to the outside of the opponent’s body.

2. In Controlled F.O.R.C.E. training, were you told **not** to utilize strikes with the baton?

ANSWER: No

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?

ANSWER: No

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?

ANSWER: No. No more than two steps backward or step off at an angle.

Knife Awareness and Defense

1. When faced with a knife attack, what is the first and most important thing you should do?

ANSWER: Run.

2. If a subject is close to you and suddenly attacks with a knife, what should you do to prevent sustaining a lethal cut?

ANSWER: Shift hips and run.

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?

ANSWER: Blade and Fade

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?

ANSWER: No.

5. What are two proactive or preventative measures you may take that will increase your chances of surviving a knife attack?

ANSWER: Verbal commands. Create Distance. Seek Cover. Draw your weapon.

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?

ANSWER: No. It is too dangerous.

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.

ANSWER: False. You cannot control your environment from 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?

ANSWER: Get back to your feet and gain a position of advantage.

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?

ANSWER: M.A.C.H. 2 and 4

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.

ANSWER: True

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?

ANSWER: No

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?

ANSWER: True

2. What is a common denominator in out-of-holster weapon retention training?

ANSWER: High elbow to the outside. Push and Pull to create cause and effect to keep your opponent off balance.

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.

ANSWER: Reactionary. You are reacting to a situation where you do not have time to think about a response.

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?

ANSWER: No