# BDUSMI CONTROL TACTICS PRACTICE TEST (SAMPLE)

## STUDY GUIDE




## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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https://bdusmicontroltactics.examzify.com

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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# How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

### 1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

### 2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

### 3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

### 4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

### 5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

### 6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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# Questions

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**1. Which statement describes the Hammer Fist?**

A. Using a closed fist, but instead of the knuckles using the bottom part of the closed fist.

B. Using an open palm to strike.

C. Using the top knuckles.

D. Knee strike.

**2. When is it appropriate to disengage and regroup during a volatile encounter?**

A. Never disengage.

B. When safe to do so, to create space, reassess, and call backup or medical assistance.

C. Only after retreating to cover.

D. After issuing a warning shot.

**3. In Duck Under, which sequence best describes the movement?**

A. If Starting In Head And Arm Control, The DUSM Steps With The Outside Leg Toward The Same Side That Has Arm Control; The Opponent's Arm Is Raised Above The Shoulder; The DUSM Steps Under, Changes Elevation To Get Under While Keeping Their Body Upright; Afterwards The DUSM Re-Orient The Hips To Follow Up With Body Lock Techniques

B. Step With Outside Leg Away And Strike

C. Spin Around Behind The Opponent

D. Drop And Clinch

**4. Which technique typically ends with the DUSM achieving a dominant position after the takedown?**

A. Three-Person Rear Wheelbarrow Escort

B. Two person High/Low takedown

C. Single Person Hip Bump Take Down

D. Single Person Rear Low Grab Take Down

**5. Which statement best aligns with ethical use of force?**

A. Force should be used only when required by law, regardless of proportionality

B. The most important factor is speed

C. Proportionality, necessity, minimization of harm, respect for rights, and accountability

D. Force should never be used

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**6. Which statement most accurately describes the continuum of force in practice?**

A. It defines the exact timing of every action.

B. It provides a framework to escalate or de-escalate as threat levels change.

C. It is used only for transportation decisions.

D. It is a rigid sequence with no flexibility.

**7. What is the final phase of the headlock sequence?**

A. DUSM wins the leg battle, postures up, creates space, double post, offline

B. DUSM transitions to a ground-based control

C. DUSM releases the opponent and steps back

D. DUSM applies a rear-naked choke

**8. In a Single Person Hip Bump Take Down, which action follows the leg bump?**

A. Spins the opponent to the side for a hip toss

B. Drives the opponent down in the direction the DUSM is moving

C. Immediately transitions to a ground control position

D. Uses momentum to shift into a rear grip

**9. In the Single Post technique, what is the initial movement described?**

A. Step Diagonally To Regain Position

B. Pivot And Rotate To Face The Subject

C. Drive Forward With The Rear Leg, Pushing With One Arm

D. Explode Backwards Off The Front Leg Away From Subject

**10. In Moving Frame, how is the moving frame portion completed?**

A. Pushing The Subject With The Single Post Forearm Bent At An Angle Across The Chest

B. Pushing With Both Hands To The Shoulders

C. Slamming The Head

D. Maintaining Distance And Stepping Back

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# Answers

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1. A
2. B
3. A
4. C
5. C
6. B
7. A
8. B
9. C
10. A

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# Explanations

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## 1. Which statement describes the Hammer Fist?

A. Using a closed fist, but instead of the knuckles using the bottom part of the closed fist.

B. Using an open palm to strike.

C. Using the top knuckles.

D. Knee strike.

*Hammer fist is about using the bottom edge of a closed fist as the striking surface. Think of your hand like a hammer—the contact point is the underside near the little finger, not the knuckles. This surface delivers a strong, compact impact when you keep the wrist straight and drive from the shoulder, making it practical in close-range situations and reducing the risk of injuring your own hand by hitting with the knuckles. That's why the description fits best: you're using a closed fist, but the striking surface is the bottom part of the fist rather than the knuckles. The other options describe different techniques—an open palm strike uses the palm, using the top knuckles is a different punching surface, and a knee strike involves the leg.*

## 2. When is it appropriate to disengage and regroup during a volatile encounter?

A. Never disengage.

B. When safe to do so, to create space, reassess, and call backup or medical assistance.

C. Only after retreating to cover.

D. After issuing a warning shot.

*Disengaging to regroup is about prioritizing safety and getting to a safer position so you can observe, reassess, and summon help if needed. When you can create distance without increasing risk, stepping back or moving to a safer space buys you time to evaluate the situation, check for escape routes, and call for backup or medical assistance. This keeps you in control, preserves your options, and reduces the chance of a rapid escalation while you determine the best next move. Staying in place or waiting for trouble to intensify isn't wise, and waiting only until you're in cover can limit your ability to respond effectively. Issuing a warning shot is risky and often illegal or counterproductive, so it isn't the appropriate or reliable trigger to disengage.*

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## 3. In Duck Under, which sequence best describes the movement?

A. If Starting In Head And Arm Control, The DUSM Steps With The Outside Leg Toward The Same Side That Has Arm Control; The Opponent's Arm Is Raised Above The Shoulder; The DUSM Steps Under, Changes Elevation To Get Under While Keeping Their Body Upright; Afterwards The DUSM Re-Orient The Hips To Follow Up With Body Lock Techniques

B. Step With Outside Leg Away And Strike

C. Spin Around Behind The Opponent

D. Drop And Clinch

*Understanding how a duck under is performed helps you see why this sequence is correct. It starts with establishing head-and-arm control, which sets the opponent's arm in a predictable position and gives you leverage to move. The next move is stepping with the outside leg toward the same side as the arm control. This creates the proper angle and brings your body into position to slip underneath rather than moving straight through. When the opponent's arm is raised above the shoulder, you use that moment to pass under while changing your elevation, but you keep your torso upright. Keeping your body upright preserves balance and makes it easier to rotate the hips into a position for a secure body lock. After you pass under, reorienting the hips allows you to follow up with the body-lock techniques from underneath. Options that involve stepping away to strike, spinning behind, or dropping into a clinch miss the deliberate under-entry this move relies on—ducking under with the correct angle and hip rotation is what sets up the subsequent control.*

## 4. Which technique typically ends with the DUSM achieving a dominant position after the takedown?

A. Three-Person Rear Wheelbarrow Escort

B. Two person High/Low takedown

C. Single Person Hip Bump Take Down

D. Single Person Rear Low Grab Take Down

*Achieving a dominant position after a takedown comes from landing in a top control position where you can control the subject's hips and head. The single-person hip bump takedown does this most effectively for a lone practitioner. By stepping to the side and using your hip as a fulcrum to unbalance and drive the subject down, you come to the ground in a compact stance that naturally places you on top. From there you can quickly secure torso control and keep the subject pinned, making it easier to move into restraints or further control while minimizing their ability to post or counter. The other methods require more people or result in positions that don't guarantee top control right away. A three-person rear wheelbarrow escort depends on others and doesn't inherently place you in a dominant top position. A two-person high/low takedown aims to bring the subject down with teamwork, but the end position isn't guaranteed to be a secure top control. A single-person rear low grab takedown can leave you vulnerable to the subject turning or bucking into you, delaying or compromising top control.*

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## 5. Which statement best aligns with ethical use of force?

A. Force should be used only when required by law, regardless of proportionality

B. The most important factor is speed

C. Proportionality, necessity, minimization of harm, respect for rights, and accountability

D. Force should never be used

*Ethical use of force is about balancing threat with restraint by applying proportional, necessary, and accountable responses. The best statement reflects this balance: the response should fit the danger, be required to achieve a legitimate objective, minimize harm, respect the rights of everyone involved, and remain subject to accountability. In practice, this means assessing the situation, choosing a force option that matches the level of risk, prioritizing de-escalation and less intrusive means when possible, and documenting actions to uphold responsibility. One choice emphasizes legality alone without considering proportionality, another prioritizes speed over safety, and a third refuses force in all circumstances, each missing essential elements of responsible stewardship. The right concept integrates proportionality, necessity, minimization of harm, respect for rights, and accountability as guiding principles.*

## 6. Which statement most accurately describes the continuum of force in practice?

A. It defines the exact timing of every action.

B. It provides a framework to escalate or de-escalate as threat levels change.

C. It is used only for transportation decisions.

D. It is a rigid sequence with no flexibility.

*The continuum of force is a practical framework for responding to threats that emphasizes adaptability as the situation changes. It's not about timing every action exactly or following a fixed sequence; it's about choosing an appropriate level of response and adjusting up or down as risk and behavior evolve. This approach supports both escalation when resistance increases and de-escalation when the threat diminishes or compliance is possible, keeping decisions aligned with the current threat level and context. It's widely applicable beyond any single domain and relies on ongoing assessment of factors like behavior, distance, and environment, rather than sticking to a rigid, fixed path.*

## 7. What is the final phase of the headlock sequence?

A. DUSM wins the leg battle, postures up, creates space, double post, offline

B. DUSM transitions to a ground-based control

C. DUSM releases the opponent and steps back

D. DUSM applies a rear-naked choke

*The final phase of handling a headlock is moving into a safe, dominant position by finishing the control transition and creating the space needed to escape. That means winning the leg battle to stop the attacker from driving you backward, then posting up with both hands to establish a solid base. By creating space you break the tight grip and reduce the opponent's advantage. With a double post, you stabilize and protect yourself, and by moving offline you shift off the line of attack, preventing the headlock from staying fully centralized on you. Together, these actions set you up to disengage cleanly or counter effectively rather than staying locked or going straight to a submission. Why this fits as the final phase is that it completes the transition from being controlled to regaining control and creating the angle to exit safely. Other options describe other possible outcomes (grounding the fight, stepping back, or finishing with a choke), but they aren't the concluding steps of the headlock sequence itself.*

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## 8. In a Single Person Hip Bump Take Down, which action follows the leg bump?

A. Spins the opponent to the side for a hip toss

B. Drives the opponent down in the direction the DUSM is moving

C. Immediately transitions to a ground control position

D. Uses momentum to shift into a rear grip

*The leg bump destabilizes the opponent's base, shifting their weight and breaking their balance. From there, the natural, most reliable follow-through is to drive the opponent down in the same direction you're moving. Using that momentum to force them to the ground completes the takedown while you maintain control and alignment with your body. Spinning for a hip toss would require a different setup and rotation after the bump, which isn't the immediate continuation. Jumping straight to ground control skips finishing the takedown with the same momentum, and shifting into a rear grip introduces a different grip flow that isn't the direct next step after the leg bump.*

## 9. In the Single Post technique, what is the initial movement described?

A. Step Diagonally To Regain Position

B. Pivot And Rotate To Face The Subject

C. Drive Forward With The Rear Leg, Pushing With One Arm

D. Explode Backwards Off The Front Leg Away From Subject

*Single Post starts by creating forward contact and control through the body's weight and a one-arm push. Driving forward with the rear leg puts your weight into the engagement and closes the gap, while the push from one arm establishes the initial point of contact that you'll use to guide and balance the attacker's momentum. This combination sets up the post and creates the leverage needed to move into the controlled stance without retreating or losing balance. Other movements would instead reposition you after contact or push you away: stepping diagonally to regain position, pivoting to face the subject, or exploding backward off the front leg all reduce the forward control that the technique relies on and don't initiate the single-point post in the same way.*

## 10. In Moving Frame, how is the moving frame portion completed?

A. Pushing The Subject With The Single Post Forearm Bent At An Angle Across The Chest

B. Pushing With Both Hands To The Shoulders

C. Slamming The Head

D. Maintaining Distance And Stepping Back

*In Moving Frame, you want a controlled barrier that guides the subject's movement as you shift into a safer position. Completing the moving frame portion with a single post forearm bent across the chest creates that barrier: the forearm provides a solid post against the torso, you stay compact with hips aligned, and you can push just enough to redirect while you step offline. This setup preserves your balance, reduces the chance of escalating force, and gives a predictable contact point to steer movement toward a safer location. Pushing with both hands to the shoulders tends to overwhelm the frame and can compromise balance and distance control. Slamming the head is dangerous and inappropriate. Maintaining distance and stepping back ends the engagement without establishing the necessary frame to move the subject safely, so it doesn't complete the moving-frame step.*

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# Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://bdusmicontroltactics.examzify.com

We wish you the very best on your exam journey. You've got this!

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