STAFF SERGEANT (SSGT) VANGUARD-1 PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. **In the grounded scenario, which of the following describes knee control progressing to arm wrap?**

   A. Arm bar from back

   B. Head and arm control

   C. Hip toss

   D. Knee control to arm wrap

2. **If an attacker grabs your wrist with one hand, which technique should you perform to escape?**

   A. The Weave

   B. The Peel Away

   C. The Duck Out

   D. The Sit Down Sweep

3. **If the suspect is punching in guard and attempting to stack you, which sequence completes the counter?**

   A. Bridge & Roll Escape

   B. The Hip Drill Retreat

   C. The Forward Block Sweep

   D. The Forward Block to Hip Drill Retreat

4. **Which statement describes a 4 square disarm to the rear for a right-handed shooter?**

   A. The subject has a long gun pointed AGAINST the officer's back. LEFT HANDED SHOOTER

   B. The subject has a long gun pointed at the officer from the front and the gun is within the officer's reach. RIGHT HANDED SHOOTER

   C. The subject has a long gun pointed AGAINST the officer's back. RIGHT HANDED SHOOTER

   D. The subject has a long gun pointed at the officer from the rear

5. **What are the three stances used in this framework?**

   A. Offensive, Defensive, Neutral

   B. 1) Field Interview 2) Precautionary 3) Conflict-Ready

   C. Observation, Approach, Control

   D. Contact, Detain, Release

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6. Which technique is repeatedly used in the set to escape from the Hip Drill Retreat across scenarios?

A. Bridge & Roll Escape

B. The Forward Block to Hip Drill Retreat

C. The Forward Block Sweep

D. The Hip Drill Retreat

7. Which statement best describes a 4 square disarm to the rear for a right-handed shooter?

A. The subject has a long gun pointed AGAINST the officer's back. LEFT HANDED SHOOTER

B. The subject has a long gun pointed at the officer from the front and the gun is within the officer's reach. RIGHT HANDED SHOOTER

C. The subject has a long gun pointed AGAINST the officer's back. RIGHT HANDED SHOOTER

D. The subject has a long gun pointed at the officer from the rear

8. Which technique involves a front bear hug over one or both arms?

A. The Weave Under

B. The Hip Push Escape

C. The Step-Behind and Push Bar

D. The Sit Down Sweep

9. Which technique describes triangular frame retention with a rear elbow strike when the subject makes a one-handed cross-grab on the handgun from the front?

A. the triangular frame retention and FRONT elbow strike

B. the triangular frame retention and SIDE elbow strike

C. the triangular frame retention and CENTER elbow strike

D. the triangular frame retention and REAR elbow strike

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10. Which statement describes a 4 square disarm when the shooter is a left-handed shooter in front of the officer, with the gun pointed at the officer from the front and within reach?

A. The subject has a long gun pointed at the officer from the front and the gun is within the officer's reach.

B. The subject has a long gun pointed at the officer from the front and the gun is within the officer's reach. LEFT- HANDED SHOOTER

C. The subject has a long gun pointed AGAINST the officer's back. RIGHT HANDED SHOOTER

D. The subject has a long gun pointed at the officer from the rear

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Answers

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

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Explanations

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1. In the grounded scenario, which of the following describes knee control progressing to arm wrap?

A. Arm bar from back

B. Head and arm control

C. Hip toss

D. Knee control to arm wrap

In grounded grappling, control often begins with securing the lower body to pin the opponent's base, then steps up to control the upper body. Starting with knee control disrupts the opponent's hips and mobility, making it hard for them to post or escape. From there, switching to an arm wrap—bringing the arm across and securing it against your body—locks in upper-body control, limits their movement, and sets up further actions like passing or finishing. This progression from knee control to arm wrap directly describes the intended sequence. The other options describe different techniques or positions—an arm bar from back is a finishing move from a different position, head and arm control references a different grip setup, and a hip toss is a standing throw rather than a grounded progression.

2. If an attacker grabs your wrist with one hand, which technique should you perform to escape?

A. The Weave

B. The Peel Away

C. The Duck Out

D. The Sit Down Sweep

Escaping a wrist grab comes down to breaking the grip quickly and creating space to move away. Peel Away does this best by rotating the wrist toward the attacker's thumb—the part of the grip that's weakest—and peeling the hand off while stepping offline. That combination disrupts the hold with minimal effort and immediately opens distance, letting you break contact and move to safety. The other techniques don't disengage a single-handed wrist grip as reliably or promptly: they either redirect, change levels, or bring you to the ground, which can leave you still linked to the attacker. Peel Away targets the grip itself and gets you free fastest, setting you up to escape.

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3. If the suspect is punching in guard and attempting to stack you, which sequence completes the counter?

A. Bridge & Roll Escape

B. The Hip Drill Retreat

C. The Forward Block Sweep

D. The Forward Block to Hip Drill Retreat

When someone is punching in guard and trying to stack you, the priority is to interrupt the strike and create space so you can move safely to a better position. Starting with a forward block gives you an immediate line of defense against the incoming punch, stopping its momentum and preventing it from driving you off balance or past your guard. That defensive moment is crucial because it neutralizes the threat at its closest point and keeps your head protected. From there, transitioning into a hip drill retreat is about reorienting your body and adding distance. The retreat tightens your stance, moves your hips and feet off the attack line, and puts you on a safer angle so the opponent can't easily pin you or stack you further. It also preserves your guard, so you're ready to respond to any follow-up without losing control of the situation. Together, the forward block followed by the hip drill retreat combines immediate defense with a strategic repositioning. It addresses both stopping the punch and escaping the grip so you can disengage cleanly. The other options either focus on a move that doesn't address the initial strike, or try to reorient without first stopping the attack, which can leave you vulnerable to being driven into a worse position.

4. Which statement describes a 4 square disarm to the rear for a right-handed shooter?

A. The subject has a long gun pointed AGAINST the officer's back. LEFT HANDED SHOOTER

B. The subject has a long gun pointed at the officer from the front and the gun is within the officer's reach. RIGHT HANDED SHOOTER

C. The subject has a long gun pointed AGAINST the officer's back. RIGHT HANDED SHOOTER

D. The subject has a long gun pointed at the officer from the rear

In a 4-square disarm to the rear, the important detail is that the weapon is pointed toward the officer's back—threat coming from behind. For a right-handed shooter, the description must specify both that the gun is aimed against the officer's back and that the shooter uses the right hand as the dominant one. The statement that fits this exactly says the long gun is pointed against the officer's back and the shooter is right-handed. That combines the rear-directed threat with the correct shooter handedness, which is what the scenario requires. The other descriptions describe either a front threat, a left-handed shooter, or a rear threat without clearly tying it to the right-handed operator, so they don't match the given conditions.

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5. What are the three stances used in this framework?

A. Offensive, Defensive, Neutral

B. 1) Field Interview 2) Precautionary 3) Conflict-Ready

C. Observation, Approach, Control

D. Contact, Detain, Release

This framework uses three engagement stances to describe how you position yourself and respond during encounters. The Field Interview stance is when you approach with an informational purpose, seeking identification or intent while keeping a non-threatening posture and safe distance to reduce risk and establish rapport. The Precautionary stance raises your alert level and readiness while maintaining controlled behavior; you tighten gaps, stay observant for escalation indicators, and prepare for a possible shift without committing to force. The Conflict-Ready stance signals full readiness to respond to imminent threat; your posture and options are oriented toward rapid movement to de-escalation or control, with safety as the priority. These stances provide a graduated path that matches how risk evolves, guiding communication, spacing, and readiness rather than prescribing a single sequence of actions. Other groupings describe different concepts or steps (actions or processes) rather than the defined stances in this framework, so they don't align with how these three stances are used.

6. Which technique is repeatedly used in the set to escape from the Hip Drill Retreat across scenarios?

A. Bridge & Roll Escape

B. The Forward Block to Hip Drill Retreat

C. The Forward Block Sweep

D. The Hip Drill Retreat

Recognizing a move that consistently counters hip drill pressure by retreating the hips to create space. The Hip Drill Retreat is the best answer because it directly addresses how the hip drill controls your center and lines of attack. By stepping back with the hips, rotating your torso away from the grip, and reestablishing distance, you break the opponent's control and open a path to recover guard or regain a favorable position. This retreat repeatedly works across the scenarios because it neutralizes the attacker's hip line and creates an actionable angle, rather than relying on a move that doesn't reliably relieve that specific pressure. Other options may be useful in different contexts, but they don't consistently disrupt the hip-driven pressure in these cases, so they aren't the pattern you're meant to notice here.

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7. Which statement best describes a 4 square disarm to the rear for a right-handed shooter?

A. The subject has a long gun pointed AGAINST the officer's back. LEFT HANDED SHOOTER

B. The subject has a long gun pointed at the officer from the front and the gun is within the officer's reach. RIGHT HANDED SHOOTER

C. The subject has a long gun pointed AGAINST the officer's back. RIGHT HANDED SHOOTER

D. The subject has a long gun pointed at the officer from the rear

In this scenario you're picturing a threat coming from behind you and how the weapon would be oriented relative to your body and the attacker's dominant hand. A four-square disarm to the rear means the long gun is aimed toward your back, creating a rear-threat situation you must neutralize while maintaining control of the weapon. The description that matches this rear-threat setup and specifies the shooter as left-handed fits best because a left-handed attacker behind you will present the muzzle along your spine in that rear view. That orientation is what this particular drill describes for a rear disarm. Descriptions that place the weapon in front of you or imply the opposite handedness describe a different scenario and don't align with the rear-threat setup being tested.

8. Which technique involves a front bear hug over one or both arms?

A. The Weave Under

B. The Hip Push Escape

C. The Step-Behind and Push Bar

D. The Sit Down Sweep

When someone wraps you up from the front in a bear hug, you need to break the grip and create space quickly. The hip push escape centers on using your hips to disrupt the attacker's hold. By turning your body slightly, dropping your stance, and driving your hips toward the attacker, you push against their center of mass. That powerful, compact movement weakens the grip on your torso and creates the room you need to peel the arms loose and step away. It's effective here because the hips are a strong, stable base and provide a direct route to unbalancing the person who has grabbed you, allowing a fast escape without getting pulled deeper into the grasp. The other techniques are useful in different grip scenarios. Weave Under is about threading an arm beneath the opponent's and maneuvering behind them to escape with a change of angle. Step-Behind and Push Bar uses re-positioning behind the attacker to create an opening and push away the controlling arm or bar. Sit Down Sweep focuses on dropping to the ground and sweeping the attacker's legs to bring them off balance, which is a different kind of escape.

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9. Which technique describes triangular frame retention with a rear elbow strike when the subject makes a one-handed cross-grab on the handgun from the front?

A. the triangular frame retention and FRONT elbow strike

B. the triangular frame retention and SIDE elbow strike

C. the triangular frame retention and CENTER elbow strike

D. the triangular frame retention and REAR elbow strike

When faced with a one-handed cross-grab on a handgun from the front, the goal is to keep control of the weapon while creating a path to disengage. Triangular frame retention gives you a solid, compact control structure by positioning your forearms and hands to form a stable triangle around the attacker's grip and the gun. This setup resists being pulled or twisted and helps you steer the firearm away from you, keeping your torso protectively oriented. Pairing that with a rear elbow strike leverages the power of your body's rotation to disrupt the attacker without breaking your hold on the weapon. Delivering the strike from behind the attacker targets their center of mass, knocks their balance off, and helps loosen their grip, creating a clear opening to step offline and disengage. The combination of maintaining weapon control (retention) while delivering a decisive counteraction (rear elbow) is what makes this approach the most effective in this scenario. Other elbow directions don't provide the same balance of maintaining control and creating space, so they're less reliable in breaking the grip and enabling a safe exit.

10. Which statement describes a 4 square disarm when the shooter is a left-handed shooter in front of the officer, with the gun pointed at the officer from the front and within reach?

A. The subject has a long gun pointed at the officer from the front and the gun is within the officer's reach.

B. The subject has a long gun pointed at the officer from the front and the gun is within the officer's reach. LEFT- HANDED SHOOTER

C. The subject has a long gun pointed AGAINST the officer's back. RIGHT HANDED SHOOTER

D. The subject has a long gun pointed at the officer from the rear

Matching the shooter's handedness and position is what this item tests. The scenario specifies a left-handed shooter in front of the officer, with the gun pointed at the officer from the front and within reach. The description that explicitly notes both the left-handed shooter and that the weapon is within reach aligns exactly with that setup. The other options either omit the handedness or describe the gun being behind or away from the officer, which does not fit a front-and-reach configuration. So the description that includes left-handed shooter and within reach is the correct match.

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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://ssgtvanguard1.examzify.com

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

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