

BASIC COMBATIVES COURSE (BCC) LEVEL 1 PRACTICE TEST (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.

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!

Questions

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- 1. Who was the protégé of William E. Fairbairn and Eric A. Sykes and helped develop the WW2 Hand-to-Hand Combat system with battlefield feedback?**
 - A. COL Rx Applegate
 - B. CPT George McClelland
 - C. MSgt Ron Donvito
 - D. J. Robinson

- 2. Which option best describes Jitsu?**
 - A. Focus on science and battlefield techniques
 - B. Way or path
 - C. Discipline of sport competition
 - D. Self-control and etiquette

- 3. In an unknown confrontation, what should be your first priority?**
 - A. Engage immediately to establish control.
 - B. Create space and disengage if possible after assessing the situation.
 - C. Run away without assessing.
 - D. Confront and shout commands.

- 4. How should you respond to a grab from behind?**
 - A. Spin toward the attacker while keeping contact.
 - B. Create space by stepping away, turning toward the attacker, and disengaging with guards up.
 - C. Move to the side and attempt a counter throw.
 - D. Stand rigid and brace for impact.

- 5. In grappling, which description matches a mount control position?**
 - A. The mount is a bottom position where you guard from underneath.
 - B. The mount is a method of escaping the guard.
 - C. Mount control places you on top with hips over the opponent for control.
 - D. Mount control is a standing position.

- 6. Which practice principle supports safety and reduces risk of escalation?**
- A. Focusing on speed at all costs.
 - B. Internal reflection only after practice.
 - C. Safety, respect, controlled intensity, and open communication to stop if needed.
 - D. Competing for dominance.
- 7. What role does breathing play in a confrontation?**
- A. It has no impact on outcomes.
 - B. Maintains calm, improves stamina, and supports steady decision-making.
 - C. It should be held to avoid tipping balance.
 - D. It only matters after the confrontation.
- 8. Which year corresponds to ACP's most recent overhaul of technical and tactical adaptations?**
- A. 2015
 - B. 2014
 - C. 2016
 - D. 2019
- 9. What is the difference between 'defense' and 'offense' in Level 1 drills?**
- A. Defense protects you and avoids harm; offense applies controlled force to create an opportunity to escape.
 - B. Defense is aggressive; offense is passive.
 - C. Defense and offense are the same in Level 1 drills.
 - D. Defense aims to injure; offense aims to block.
- 10. In what year did 2/75th RR expose failures and form the research committee that would create MACP Levels 1-4?**
- A. 1985
 - B. 2002
 - C. 1995
 - D. 2014

Answers

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

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Explanations

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1. Who was the protégé of William E. Fairbairn and Eric A. Sykes and helped develop the WW2 Hand-to-Hand Combat system with battlefield feedback?

A. COL Rx Applegate

B. CPT George McClelland

C. MSgt Ron Donvito

D. J. Robinson

The key idea is that this WW2 hand-to-hand system was shaped by a mentor-student line where practical battlefield experience was fed back into training. Col. Rx Applegate is identified as the protégé who worked directly with William E. Fairbairn and Eric A. Sykes, taking their techniques and refining them based on actual combat feedback. That real-world input was crucial for turning combat principles into usable, battlefield-tested methods, which is why this person is highlighted in relation to developing the system. In contrast, while the other individuals may have their own roles in military or martial contexts, they aren't the ones historically linked as the direct student who carried Fairbairn and Sykes's methods forward through battlefield feedback.

2. Which option best describes Jitsu?

A. Focus on science and battlefield techniques

B. Way or path

C. Discipline of sport competition

D. Self-control and etiquette

Jitsu refers to technique or the practiced method of applying skills in combat. It captures the practical, systematic ways to execute moves and counters, often rooted in battlefield use. That focus on technique and how to apply it in real scenarios makes the description about science-like study of techniques and battlefield methods the best fit. The other ideas describe a philosophical path (do), sport-oriented competition, or etiquette and self-control, which aren't what jitsu specifically denotes.

3. In an unknown confrontation, what should be your first priority?

A. Engage immediately to establish control.

B. Create space and disengage if possible after assessing the situation.

C. Run away without assessing.

D. Confront and shout commands.

When you don't know what you're walking into, your first priority is to create space and assess the situation. Giving yourself distance buys you time to observe body language, look for potential threats, and identify possible exits or help. This pause helps you decide the safest course of action rather than rushing in or escalating the encounter. Creating space reduces the chance of a rapid, uncontrollable attack and keeps you in a position where you can retreat or seek assistance if needed. It also lowers your own adrenaline-driven reaction, making it easier to think clearly and act deliberately. Engaging immediately can escalate the situation and leave you more exposed. Running away without assessing might lead you toward danger or into a spot where exit options vanish. Confronting and shouting commands often provokes a hostile response and can put you at risk if you're not in a position of control. So, prioritizing space and assessment sets you up with safer options and helps you respond more effectively if the situation escalates.

4. How should you respond to a grab from behind?

- A. Spin toward the attacker while keeping contact.
- B. Create space by stepping away, turning toward the attacker, and disengaging with guards up.**
- C. Move to the side and attempt a counter throw.
- D. Stand rigid and brace for impact.

When someone grabs you from behind, your first goal is to create space and reorient to face the threat. Step away to break the grip and lower your center of gravity so you don't get pulled off balance. Turn toward the attacker so you can see their hands and begin your escape, while keeping your hands up to guard your head and torso. This position lets you disengage safely and regain distance to move to a safer spot. Other options tend to keep you attached to the grip, throw you off balance, or leave you exposed to follow-up actions, so this approach offers the quickest, clearer path to freedom.

5. In grappling, which description matches a mount control position?

- A. The mount is a bottom position where you guard from underneath.
- B. The mount is a method of escaping the guard.
- C. Mount control places you on top with hips over the opponent for control.**
- D. Mount control is a standing position.

Mount control means you are on top of your opponent with your hips centered over theirs, keeping your weight over their torso to pin and control them. This position uses gravity and a solid base to limit their movement, making it hard for them to bridge or escape. From here you can control their upper body with your hands and frames while staying balanced and ready to attack or transition, which is why being on top with the hips over the opponent is the defining feature of mount control. Being on the bottom or standing aren't descriptions of mount control, so those options don't fit as well.

6. Which practice principle supports safety and reduces risk of escalation?

- A. Focusing on speed at all costs.
- B. Internal reflection only after practice.
- C. Safety, respect, controlled intensity, and open communication to stop if needed.**
- D. Competing for dominance.

The main idea is that safe training comes from a framework built on safety, respect, controlled intensity, and open communication to stop if needed. This combination creates a training environment where both partners can push themselves while staying mindful of boundaries and well-being. Safety and respect establish trust and mutual care; controlled intensity means you modulate speed and force to match your partner's level, reducing the chance of injury and lowering the risk of tension or escalation. Open communication to stop if needed gives either person a clear, immediate way to pause or adjust, preventing problems from growing into unsafe situations. The other options don't support safety and de-escalation as well: chasing speed can cause unsafe actions and injuries, waiting to reflect only after practice misses real-time feedback, and competing for dominance fosters aggression and erodes trust.

7. What role does breathing play in a confrontation?

- A. It has no impact on outcomes.
- B. Maintains calm, improves stamina, and supports steady decision-making.**
- C. It should be held to avoid tipping balance.
- D. It only matters after the confrontation.

Breathing directly shapes how you handle stress in a confrontation. When danger is present, the body's fight-or-flight response surges, which can push your heart rate up, tense your muscles, and blur thinking. A steady, controlled breath helps dial that arousal down, keeps you calm, preserves stamina, and maintains clear thinking so you can assess the situation and choose a sensible response. With calmer nerves and better oxygen flow to the brain and muscles, you stay more composed, tire less quickly, and can react in a controlled, effective way rather than panic or rush. Holding your breath or ignoring breathing during the encounter tends to amplify tension and obscure judgment, and waiting to breathe only after the confrontation misses the crucial moment to stay in control.

8. Which year corresponds to ACP's most recent overhaul of technical and tactical adaptations?

- A. 2015
- B. 2014
- C. 2016**
- D. 2019

Understanding when major updates to how ACP teaches technique and tactics were made helps identify the right year. A comprehensive overhaul means a full, system-wide revision of those techniques and how they're taught. The last such broad revision to ACP's technical and tactical adaptations occurred in 2016. Earlier years like 2014 and 2015 involved updates, but not the latest overhaul, and while 2019 is later, it did not bring another complete overhaul of that scope. So 2016 is the year that fits the description.

9. What is the difference between 'defense' and 'offense' in Level 1 drills?

- A. Defense protects you and avoids harm; offense applies controlled force to create an opportunity to escape.**
- B. Defense is aggressive; offense is passive.
- C. Defense and offense are the same in Level 1 drills.
- D. Defense aims to injure; offense aims to block.

In Level 1 drills, the distinction between defense and offense centers on protection and escape rather than aggression. Defense is about keeping you safe and avoiding harm—protecting your head, maintaining distance, and using blocks or movements to prevent or minimize contact so you can disengage. Offense, on the other hand, is about applying controlled, proportional actions that disrupt the threat and create an opportunity to escape or break free, not to cause unnecessary harm. So the best choice captures both ideas: defense protects you and helps you avoid harm, while offense uses controlled force specifically to open a path to escape. The other statements miss the practical balance taught in Level 1: defense isn't inherently aggressive, offense isn't about passivity, they aren't the same, and the goal isn't to injure but to create a safe exit from a threat.

10. In what year did 2/75th RR expose failures and form the research committee that would create MACP Levels 1-4?

- A. 1985
- B. 2002
- C. 1995**
- D. 2014

This item focuses on when the 2/75th RR first identified training gaps and initiated the effort that led to MACP Levels 1–4. In 1995, after recognizing failures in the existing program, the unit formed a research committee to design and establish a structured progression that would become MACP Levels 1 through 4. This year marks the start of that development process, not just an update or later change. The other years don't fit because they don't align with the documented start of the MACP framework. 1985 is before the MACP development began, while 2002 and 2014 come after the initial formation and represent later stages or revisions rather than the original creation.

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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://bcclevel1.examzify.com>

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

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