

BDUSMI Control Tactics Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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. From a headlock on the ground, which escape involves shrimping out and sitting up?**
 - A. Escape from Headlock (ground): Shrimp Out/Sit Up**
 - B. Shrimping**
 - C. Escape from Headlock (ground): Leg Hook and Roll**
 - D. Escape from Rear Mount (Inside Arm)**

- 2. Which move is used to escape from a bottom guard when applying a stiff-arm setup?**
 - A. Escape from bottom guard (Earthquake)**
 - B. Shrimping**
 - C. Escape from Rear Mount (Carotid Restraint)**
 - D. Escape from bottom guard (Stiff Arm Get Up)**

- 3. In Re-Direct to Ground, what is done with the hand that controlled the knowledge knot?**
 - A. Move The Knowledge Knot Hand To The Opposite Side Of The Body**
 - B. Move The Knowledge Knot Hand To The Same Side You Are Standing And Back On The Knowledge Knot**
 - C. Keep It On The Wrist**
 - D. Drop The Knowledge Knot Hand To The Ground**

- 4. In Jab/Cross, which hand performs the Jab?**
 - A. Lead hand**
 - B. Rear hand**
 - C. Both hands**
 - D. Neither**

- 5. Which knife defense corresponds to a reverse diagonal attack?**
 - A. Knife Defense (Forward Diagonal Attack)**
 - B. Knife Defense (Straight Thrust)**
 - C. Shrimping**
 - D. Knife Defense (Reverse Diagonal Attack)**

- 6. Which option corresponds to Gift Wrap/Straight Jacket?**
- A. Guard Position**
 - B. Escape from the Mount, Arm and Leg Trap**
 - C. Gift Wrap/Straight Jacket**
 - D. Rear Mount Carotid Control Hold**
- 7. In a Push Kick, what is the initial action?**
- A. Rotate hips**
 - B. Bring the knee high**
 - C. Step to the side**
 - D. Keep the knee low**
- 8. What finish can follow the Single Person Rear Low Grab Take Down?**
- A. An arm bar with the leg entanglement**
 - B. Wheelbarrow and figure four leg lock**
 - C. A mounted top position for control**
 - D. A standing handcuff reset**
- 9. In the 360 Takedown - Behind the back, Under the arms variant, which action is performed first to establish balance?**
- A. Widen the base**
 - B. Lean back posture up**
 - C. Peel fingers with a palm to palm grip**
 - D. Maintain grip, turn inside to their arm you are holding**
- 10. Which technique is performed with the opponent's arm controlled from a catcher's position?**
- A. Wheelbarrow to Figure Four**
 - B. Arm Bar (Catcher's Position)**
 - C. Prone Compliant (Weapon Visible)**
 - D. Two Scoops (Inline)**

Answers

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

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Explanations

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1. From a headlock on the ground, which escape involves shrimping out and sitting up?

- A. Escape from Headlock (ground): Shrimp Out/Sit Up**
- B. Shrimping**
- C. Escape from Headlock (ground): Leg Hook and Roll**
- D. Escape from Rear Mount (Inside Arm)**

The main idea here is using hip movement to create space from a headlock on the ground, then bringing your upper body up to face your opponent. The escape that combines a shrimping motion with a sit-up does exactly that: you turn your hips away to wedge space between you and the headlock, which relieves the pressure on your neck, and then you sit up to bring your chest and head back into a more favorable position. Once you're sitting up, you can defend effectively, regain control of your posture, and either stand or establish guard to continue the fight from a safer spot. Shrimping by itself is a foundational escape motion, but from a headlock on the ground you need the follow-up to finish the escape: sitting up helps you break the grip and reorient, whereas the other options target different grips or positions and don't directly address this specific scenario.

2. Which move is used to escape from a bottom guard when applying a stiff-arm setup?

- A. Escape from bottom guard (Earthquake)**
- B. Shrimping**
- C. Escape from Rear Mount (Carotid Restraint)**
- D. Escape from bottom guard (Stiff Arm Get Up)**

Escaping from bottom guard with a stiff-arm setup hinges on using a straight, pushy arm to create immediate space so you can rise to your knees or stand and regain top control. The stiff arm acts as a barrier that keeps the guard from closing back in while you protect your head and maintain a grip to prevent a reversal. With that space, you rotate your hips and shift your weight, moving from the ground to a kneeling or standing position where you can establish top control or a safer posture. This specific move is built for this exact scenario: it pairs the space created by the stiff arm with a controlled rise from bottom guard. Other options describe different escapes or positions that don't align with the stiff-arm setup, so they don't fit this situation as precisely.

3. In Re-Direct to Ground, what is done with the hand that controlled the knowledge knot?

A. Move The Knowledge Knot Hand To The Opposite Side Of The Body

B. Move The Knowledge Knot Hand To The Same Side You Are Standing And Back On The Knowledge Knot

C. Keep It On The Wrist

D. Drop The Knowledge Knot Hand To The Ground

The main idea here is how to preserve control during the transition to the ground by what you do with the hand that holds the knot. The best move is to bring that knot-hand to the same side you are standing and place it back on the knot. This keeps a secure connection as your body moves, maintaining leverage and balance, so the grip remains stable and harder for the other person to break as you go to the ground. Moving the knot-hand to the opposite side would disrupt that control and make the transition easier to counter. Keeping the hand on the wrist doesn't provide the same anchoring support, and letting the knot hand drop to the ground releases control and creates an opportunity for escape.

4. In Jab/Cross, which hand performs the Jab?

A. Lead hand

B. Rear hand

C. Both hands

D. Neither

The jab is a fast, straight punch thrown with the hand that's forward in your stance. That forward hand is the lead hand, so the jab comes from the lead hand. It's used to measure distance, set up movements, and keep your opponent off balance, all with minimal telegraphing. The rear hand powers heavier punches like the cross, coming from the back of the stance. In a switch to a different stance, the lead hand would change accordingly, but the concept stays the same: the jab comes from the lead hand.

5. Which knife defense corresponds to a reverse diagonal attack?

- A. Knife Defense (Forward Diagonal Attack)**
- B. Knife Defense (Straight Thrust)**
- C. Shrimping**
- D. Knife Defense (Reverse Diagonal Attack)**

The idea being tested is matching the attack angle to the correct defense, so you can redirect the blade and gain control while moving off the line of attack. A reverse diagonal attack comes from the attacker's outside to the inside across the body in a diagonal path. The defense designed for this specific line is one that steps offline toward the attack side and redirect the blade along that diagonal to a safe, controlled position. This approach uses the diagonal angle to your advantage, preserving control of the weapon and placing you in a better position to respond. Why this fits best: defenses keyed to other angles won't neutralize that diagonal path as effectively. A defense for a forward diagonal addresses a different diagonal direction, a straight thrust defense targets a linear push toward you, and shrimping is a mobility move rather than a direct line-counter to a diagonal attack. The reverse diagonal-specific defense directly corresponds to the attack's diagonal trajectory, making it the most appropriate match.

6. Which option corresponds to Gift Wrap/Straight Jacket?

- A. Guard Position**
- B. Escape from the Mount, Arm and Leg Trap**
- C. Gift Wrap/Straight Jacket**
- D. Rear Mount Carotid Control Hold**

Gift Wrap/Straight Jacket is a restraint position designed to immobilize the upper body by wrapping the arms around the subject's arms and torso, creating a straight-jacket effect. This name directly describes the technique, which is why it's the best answer. It's different from a guard position (a grappling stance on the ground), from escaping the mount (which focuses on breaking free from mounted control), and from a rear mount carotid control hold (which uses carotid restraint from behind).

7. In a Push Kick, what is the initial action?

- A. Rotate hips**
- B. Bring the knee high**
- C. Step to the side**
- D. Keep the knee low**

In a push kick, power comes from the hip drive, and that starts with the knee rising into a chamber. Lifting the knee high loads the leg and aligns the shin so the kick travels straight forward, allowing you to extend efficiently from the hips and connect with the ball of the foot. This setup also helps you maintain balance and guard the upper body, making the kick faster and more controlled. Starting with the knee low or trying to step or rotate first would disrupt the line of attack and reduce reach and power, whereas the knee-high chamber clearly primes the movement for a strong, direct push.

8. What finish can follow the Single Person Rear Low Grab Take Down?

- A. An arm bar with the leg entanglement**
- B. Wheelbarrow and figure four leg lock**
- C. A mounted top position for control**
- D. A standing handcuff reset**

When you execute a Single Person Rear Low Grab Take Down, you land behind the opponent with control of their hips and legs coming into view. The most natural and effective follow-up is to shift into a wheelbarrow setup, using your body to control their upper torso while trapping one leg. From there, you lock a figure-four with your legs around their leg, which both immobilizes them and creates a clear leg-control finish. This sequence takes advantage of the position you've gained from the takedown and provides a secure, finish-ready hold. The other options don't fit as cleanly from this starting position: an arm bar requires access to the opponent's arm in a way you don't have right after this takedown, a mounted top position is a different progression that isn't the immediate finish from a rear-low takedown, and a standing handcuff reset doesn't capitalize on the ground control established by the takedown.

9. In the 360 Takedown - Behind the back, Under the arms variant, which action is performed first to establish balance?

- A. Widen the base**
- B. Lean back posture up**
- C. Peel fingers with a palm to palm grip**
- D. Maintain grip, turn inside to their arm you are holding**

Balance starts with a solid, wide base, giving you a stable platform to work from during a takedown. The first action is widening your base because a wider stance lowers your center of gravity and spreads your weight, making you harder to off-balance and easier to control as you initiate the move. Leaning back or shifting posture up would raise your center of gravity and reduce contact with the ground, making it easier for the opponent to disrupt your balance. Grip adjustments like peeling fingers or moving the grip while you're balanced are important later steps, but they rely on having a stable base first. Maintaining grip and turning inside come after you've established that balance, so widening the base is the foundational move that starts the sequence.

10. Which technique is performed with the opponent's arm controlled from a catcher's position?

A. Wheelbarrow to Figure Four

B. Arm Bar (Catcher's Position)

C. Prone Compliant (Weapon Visible)

D. Two Scoops (Inline)

The technique being tested is a controlled arm engagement that uses the catcher's stance to secure the opponent's arm and establish leverage. In this setup, you drop into the catcher's position to provide a stable, low base, then wrap and secure the opponent's wrist and forearm with your hands while keeping their arm close to your body. The idea is to align your body to create a solid lever and prevent the arm from escaping, effectively immobilizing it and reducing their ability to counter. This is precisely what an "arm bar from the catcher's position" describes: isolating and controlling the arm from that specific stance. Other options describe different control paths or positions that don't emphasize securing the arm from the catcher's posture. Wheelbarrow to Figure Four involves a different sequence that targets legs and hips for immobilization, not the arm from a catcher's stance. Prone Compliant focuses on turning the person face-down with weapon visibility, not arm control from catcher's position. Two Scoops inline is another positional approach that isn't about the catcher's stance with the arm isolated and controlled in that way.

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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