

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

- 2. In the Three-Person Rear Wheelbarrow Escort, what is the first DUSM's arm position?**
 - A. The first DUSM threads their arms behind the subject's back**
 - B. Hooked under the subject's armpit with inner arms toward subject, fist toward ceiling**
 - C. Grabs the subject's wrist with the outside arm**
 - D. Applies a rear low grab takedown for control**

- 3. Which technique is a pistol-based strike to disrupt an attacker?**
 - A. R.C.A.T. Firearm Disarm (Takeaway)**
 - B. The Elbow Strip (Firearm Retention)**
 - C. The Knee Rake (Firearm Retention)**
 - D. Pistol Strike**

- 4. In The Rhino, what should the support hand do?**
 - A. Cover head with both hands**
 - B. Grabs the strong forearm near the wrist, tight against your forehead**
 - C. Push away**
 - D. Place the strong hand on the back of your head**

- 5. Which technique transitions from standing to a prone position while maintaining compliance with handcuffs?**
 - A. Wheelbarrow to Figure Four**
 - B. Arm Bar (Catcher's Position)**
 - C. Prone Compliant Handcuffing**
 - D. Prone Compliant (Weapon Visible)**

- 6. Which escape is used from a rear mount when a carotid restraint is applied?**
- A. Escape from Headlock (ground): Shrimp Out/Sit Up**
 - B. Escape from Rear Mount (Carotid Restraint)**
 - C. Shrimping**
 - D. Escape from Rear Mount (Inside Arm)**
- 7. Which term describes the grappling configuration commonly known as Gift Wrap or Straight Jacket?**
- A. Guard Position**
 - B. Top Guard Control**
 - C. Gift Wrap/Straight Jacket**
 - D. Rear Mount Carotid Control Hold**
- 8. 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**
- 9. What is the fulcrum used in Single Person Rear Low Grab Take Down?**
- A. Shoulder into the small of back or rear**
 - B. The opponent's wrist grip**
 - C. The belt line around the midsection**
 - D. The knee cap as a pivot**
- 10. Single Person Body Lock Takedown uses which grip and principle?**
- A. Gable Grip Used With Tilting To Drive To Ground**
 - B. Palm To Palm Gable Grip And Tilting Principle**
 - C. Single Underhook And Leg Sweep**
 - D. Collar Tie With Shoulder Drive**

Answers

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

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Explanations

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1. 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.

2. In the Three-Person Rear Wheelbarrow Escort, what is the first DUSM's arm position?

- A. The first DUSM threads their arms behind the subject's back**
- B. Hooked under the subject's armpit with inner arms toward subject, fist toward ceiling**
- C. Grabs the subject's wrist with the outside arm**
- D. Applies a rear low grab takedown for control**

The key idea is establishing a secure, close control of the subject's arm to prevent escapes and set up safe handling by the team. The first DUSM places an arm under the subject's armpit, with the inner arm toward the subject and the fist pointing upward toward the ceiling. This configuration creates a tight, body-close grip that leverages the DUSM's own body to limit the subject's movement and maintain proximity. Keeping the arm in this position allows the DUSM to control the limb effectively, guiding movement and reducing the chance the subject can twist or pull away. The fist toward the ceiling helps keep the elbow protected and aligned, making it harder for the subject to exploit leverage against the DUSM. Arms threaded behind the subject's back would loosen control of the upper limb and introduce additional risk. Grabbing the wrist with the outside arm doesn't offer the same secure, close control and can allow the subject to twist or slip free. A rear low grab takedown is a different technique aimed at bringing the subject down, not the initial arm positioning for establishing control in the escort.

3. Which technique is a pistol-based strike to disrupt an attacker?

- A. R.C.A.T. Firearm Disarm (Takeaway)**
- B. The Elbow Strip (Firearm Retention)**
- C. The Knee Rake (Firearm Retention)**
- D. Pistol Strike**

The idea tested here is using the weapon itself as an impact tool to create a brief disruption in the attacker's momentum. A pistol strike is about delivering a quick, controlled blow with the firearm to interrupt the attack long enough to break contact and escape or reposition. This is different from disarm procedures, which aim to take the weapon away from the attacker, or retention techniques that focus on keeping hold of your own firearm while preventing a grip or hold from gaining control. So, the technique described as a pistol-based strike fits the goal of momentarily disrupting the attacker to gain space and safety.

4. In The Rhino, what should the support hand do?

- A. Cover head with both hands**
- B. Grabs the strong forearm near the wrist, tight against your forehead**
- C. Push away**
- D. Place the strong hand on the back of your head**

The support hand's job is to control the attacker's arm while protecting your head. Grabbing the strong forearm near the wrist and bringing it tight against your forehead does this in two effective ways. First, it pins the attacker's arm to your body, limiting their ability to pull, twist, or drive forward into you. Second, it uses your forearm and head as a shield, keeping the attacker's movements away from your face and creating a stable barrier so they can't easily re-engage. This positioning also gives you a solid anchor on the arm, making it easier to maintain control and set up the next step. Covering the head with both hands doesn't secure the arm, pushing away disperses the threat without establishing control, and placing the strong hand on the back of the head leaves your guard exposed and doesn't establish limb control.

5. Which technique transitions from standing to a prone position while maintaining compliance with handcuffs?

- A. Wheelbarrow to Figure Four**
- B. Arm Bar (Catcher's Position)**
- C. Prone Compliant Handcuffing**
- D. Prone Compliant (Weapon Visible)**

The idea being tested is how to safely bring a restrained person from standing to a prone position while still keeping control of the situation. The best match is the approach that includes keeping the weapon visible during the transition. This matters because maintaining weapon visibility helps with ongoing threat assessment and safety for both the officer and the subject. If a weapon is visible, the officer can monitor for any sudden moves, respond quickly to changing dynamics, and avoid misunderstandings about intent. It also signals control and reduces the chance that a hidden weapon could be used or discovered too late during the move. Other approaches focus on different ways to immobilize or transition to the ground, but they don't explicitly address preserving weapon visibility during the transition. Without that visibility, there's a greater risk of surprise, misinterpretation of intent, or delayed reaction if the situation escalates. Keeping the weapon visible during a prone transition strikes a balance between compliance and ongoing safety.

6. Which escape is used from a rear mount when a carotid restraint is applied?

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

When you're in rear mount and a carotid restraint is applied, your top priority is to protect your airway while you break the choke's grip and create space to move. The best escape in this situation is a technique designed specifically for dealing with that carotid hold from the rear mount. It teaches you to immediately address the choke by hand-fighting the top arm and tucking the chin, then turning your body and sliding out to safety, often progressing to the guard or turtle position as you clear the grip. This approach directly targets the threat (the carotid restraint) and the control you're under, making it the most reliable way to escape from that exact scenario. Other escapes may focus on general movement or different grips but don't systematically counters the carotid hold from the rear mount, so they're less effective here.

7. Which term describes the grappling configuration commonly known as Gift Wrap or Straight Jacket?

- A. Guard Position**
- B. Top Guard Control**
- C. Gift Wrap/Straight Jacket**
- D. Rear Mount Carotid Control Hold**

Gift Wrap, also called Straight Jacket, describes a head-and-arm control where you wrap your arms around the opponent's head from the top and trap one of their arms with a tight, chest-to-head hold. This configuration bundles the upper body and neck, suppressing movement and posture, which makes it easier to control the opponent and set up chokes or transitions. The name fits visually: your arms wrap around the head much like wrapping a gift or a jacket around someone, hence the Gift Wrap/Straight Jacket label. This is a distinct top-control setup and different from a Guard Position (bottom posture with legs controlling) or back control variants like a Rear Mount Carotid Hold, which involve different grips and placements.

8. 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.

9. What is the fulcrum used in Single Person Rear Low Grab Take Down?

A. Shoulder into the small of back or rear

B. The opponent's wrist grip

C. The belt line around the midsection

D. The knee cap as a pivot

The lever point to rotate and drop the opponent comes from driving your shoulder into their back, into the small of the back. That contact acts as the fixed point against which you pivot and tilt their center of gravity, letting you bring them down behind you in a controlled fashion. The wrist grip is about controlling the arm, not providing the pivot; the belt line is a grip location, not the lever center for this move; using the knee cap as a pivot is unsafe and not how this technique is designed. So the shoulder into the back provides the proper fulcrum for the takedown.

10. Single Person Body Lock Takedown uses which grip and principle?

- A. Gable Grip Used With Tilting To Drive To Ground**
- B. Palm To Palm Gable Grip And Tilting Principle**
- C. Single Underhook And Leg Sweep**
- D. Collar Tie With Shoulder Drive**

The essential idea is securing a tight wrap around the opponent's torso and finishing with a leverage-based tilt rather than trying to lift or yank them straight down. Using a palm-to-palm Gable grip around the midsection creates a compact, secure hold that you can maintain as you move. This grip keeps your arms tight to their body, making it hard for them to slip out and giving you solid control over their hips and center of gravity. With that grip in place, the tilting principle comes into play. You rotate your hips and step off to the side while preserving the grip, so you tilt their balance forward and off their feet. The combination of the secure wrap and the off-balance tilt drives them to the ground efficiently, using your body's leverage rather than brute strength. Other grips or setups can work in different contexts, but they don't provide the same secure, torsion-friendly hold around the torso with a clean off-balance finish. The palm-to-palm Gable grip paired with tilting is the most effective pairing for a single person body lock takedown.

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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