

# Criminal Justice Defensive Tactics Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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**SAMPLE**

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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**

- 1. What is the role of the upward thrust of the hips in a bridge and roll maneuver?**
  - A. To disengage from the subject**
  - B. To force the subject to post**
  - C. To strike the subject**
  - D. To maintain control**
- 2. What is described as the response of the body and mind to a perceived threat?**
  - A. Survival instinct**
  - B. Coping mechanism**
  - C. Survival stress**
  - D. Emergency reflex**
- 3. What is the first step in the handcuffing technique?**
  - A. Search the subject**
  - B. Visual inspection and positioning the subject**
  - C. Draw the handcuffs from the holder**
  - D. Check for tightness of the cuffs**
- 4. Holstered intermediate weapon retention requires adjusting your stance to maintain what?**
  - A. Speed**
  - B. Balance**
  - C. Focus**
  - D. Force**
- 5. Which of the following is NOT one of the four reactions to stress?**
  - A. Fight**
  - B. Submit**
  - C. Freeze**
  - D. Flight**



- 6. Which technique is considered when dealing with a subject who needs to be moved to a sitting position?**
- A. Hollow behind the ear**
  - B. Elbow under the shoulder blade**
  - C. Hollow behind the collarbone**
  - D. Touch pressure**
- 7. What is an important consideration when targeting areas of the body in self-defense situations?**
- A. Simplicity of the technique**
  - B. Availability of escape routes**
  - C. Potential harm caused by the targeted area**
  - D. Physical size of the opponent**
- 8. In NDF techniques, which method is appropriate for the inside of the thigh?**
- A. Strike with a tube**
  - B. Strike with an empty hand, leg or knee**
  - C. Strike with a fist**
  - D. Strike with a foot**
- 9. What is indicated as a part of the cooldown routine after defensive tactics training?**
- A. Jumping jacks**
  - B. Cooldown stretches**
  - C. High-intensity cardio**
  - D. Powerlifting exercises**
- 10. What type of physical activity is ground fighting classified as?**
- A. Aerobic**
  - B. Zenith**
  - C. Anaerobic**
  - D. Mixed**

## **Answers**

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

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## **Explanations**

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**1. What is the role of the upward thrust of the hips in a bridge and roll maneuver?**

- A. To disengage from the subject**
- B. To force the subject to post**
- C. To strike the subject**
- D. To maintain control**

The upward thrust of the hips in a bridge and roll maneuver plays a crucial role in effectively leveraging body movement to manipulate the position of the subject. This specific action creates momentum by allowing the individual performing the maneuver to lift their hips off the ground, which helps to shift their weight effectively. When this action is executed, it can force the subject to post, meaning it prompts the subject to adjust their positioning in response to the sudden change in leverage and force being applied. This is particularly important in defensive tactics because it can create an opportunity for the individual executing the maneuver to transition into a more advantageous position or to disengage safely. In this context, the maneuver relies on physics and body mechanics, making the upward thrust integral to enhancing the effectiveness of the technique. Through this movement, a defender can utilize their body weight dynamically, increasing the chances of successfully managing the interaction with the subject.

**2. What is described as the response of the body and mind to a perceived threat?**

- A. Survival instinct**
- B. Coping mechanism**
- C. Survival stress**
- D. Emergency reflex**

The term that best captures the body's and mind's reaction to a perceived threat is survival stress. This response encompasses the physiological and psychological changes that occur when an individual perceives danger. During such scenarios, the body enters a heightened state of awareness and readiness, often referred to as the "fight or flight" response, which includes increased heart rate, rapid breathing, and heightened senses. Survival stress is a critical aspect of defensive tactics, as it helps individuals respond effectively to threats. Understanding this reaction is essential for those in the field of criminal justice, as it emphasizes the importance of training to manage stress and utilize appropriate tactics during confrontations. Other options, while relevant to the broader context of stress responses or coping, do not specifically address the immediate physiological and psychological changes triggered by the perception of threat. For instance, survival instinct refers more to basic drives and behaviors aimed at ensuring safety, rather than the specific stress response described here.

### **3. What is the first step in the handcuffing technique?**

- A. Search the subject**
- B. Visual inspection and positioning the subject**
- C. Draw the handcuffs from the holder**
- D. Check for tightness of the cuffs**

The initial step in the handcuffing technique is to perform a visual inspection and position the subject. This step is crucial because it allows the officer to assess the situation and ensure that there are no immediate threats or weapons that the subject may have, which could pose a danger during the handcuffing process. Proper positioning also ensures that the subject is controlled effectively, minimizing the risk of escape or resistance. By visually inspecting the subject, the officer can confirm that the individual is compliant and ready to be handcuffed, ensuring that the handcuffing process is as safe and efficient as possible. This preliminary assessment sets the foundation for the subsequent steps in the technique, emphasizing safety for both the officer and the subject. Without this step, any attempt to handcuff may lead to complications, including the risk of injury or escalation of the situation.

### **4. Holstered intermediate weapon retention requires adjusting your stance to maintain what?**

- A. Speed**
- B. Balance**
- C. Focus**
- D. Force**

Holstered intermediate weapon retention emphasizes the importance of maintaining balance. When an officer adjusts their stance, it allows them to have a stable and secure foundation, which is crucial in situations where they need to protect their weapon. Correct balance can enhance mobility and control, making it easier to respond effectively during a potential conflict. If an officer's stance is too narrow or unbalanced, it could make them more susceptible to being off-balance during a struggle, which might compromise the retention of their weapon. By focusing on maintaining balance, officers can stay grounded, ensuring they can react swiftly and maintain control over their surroundings while effectively safeguarding their intermediate weapon.

**5. Which of the following is NOT one of the four reactions to stress?**

- A. Fight**
- B. Submit**
- C. Freeze**
- D. Flight**

In understanding the reactions to stress, the common responses identified are fight, flight, freeze, and submit. The correct choice here is "submit," as it is often viewed as a form of yielding or giving in to the stressor rather than a typical stress reaction. The "fight," "flight," and "freeze" responses are well-documented physiological reactions to perceived threats or stressors. When faced with a stressful situation, individuals may react by fighting (confronting the threat), fleeing (escaping from the threat), or freezing (becoming immobilized). However, "submit" is not traditionally classified within the primary reactions to stress but can be seen as a behavioral response stemming from a sense of defeat or resignation in a situation. This delineation highlights the importance of understanding the most recognized and studied responses to stress, helping individuals and law enforcement professionals to recognize their own reactions under pressure and prepare accordingly.

**6. Which technique is considered when dealing with a subject who needs to be moved to a sitting position?**

- A. Hollow behind the ear**
- B. Elbow under the shoulder blade**
- C. Hollow behind the collarbone**
- D. Touch pressure**

The technique involving the hollow behind the collarbone is advantageous when moving a subject to a sitting position because it utilizes a sensitive area of the body that allows for effective communication and guidance without causing excessive force or pain. This particular technique involves applying pressure or guiding the individual in a manner that promotes compliance. By targeting specific pressure points, officers can encourage the subject to cooperate and assist in their own movement, thus facilitating a safer and more controlled transition to a sitting position. The effectiveness of this method comes from its strategic application of touch, which can help de-escalate a situation while still providing sufficient leverage. It allows for better control over the subject's movements, making it easier to achieve the desired positioning without relying on aggressive tactics that might provoke resistance or escalate the confrontation.

**7. What is an important consideration when targeting areas of the body in self-defense situations?**

- A. Simplicity of the technique**
- B. Availability of escape routes**
- C. Potential harm caused by the targeted area**
- D. Physical size of the opponent**

In self-defense situations, understanding the potential harm caused by the targeted area is crucial. This consideration directly impacts the effectiveness and legality of a defensive action. Targeting sensitive or vulnerable areas such as the eyes, throat, or groin can incapacitate an attacker, giving the defender an opportunity to escape. These areas are effective because they require less force to achieve a significant impact, which can be important in a self-defense scenario where speed and efficiency are necessary. Moreover, considering the potential harm also involves assessing the legal implications of using certain techniques. In many jurisdictions, self-defense laws require individuals to use reasonable force; therefore, knowing which areas to target can help ensure that the response is proportional to the threat faced. While factors like the simplicity of the technique, availability of escape routes, and physical size of the opponent are also important considerations in self-defense, they do not carry the same weight as understanding the consequences of targeting specific areas. The emphasis on the potential harm caused by these areas not only influences the immediate effectiveness of self-defense techniques but also aligns with legal standards regarding reasonable force.

**8. In NDF techniques, which method is appropriate for the inside of the thigh?**

- A. Strike with a tube**
- B. Strike with an empty hand, leg or knee**
- C. Strike with a fist**
- D. Strike with a foot**

In the context of NDF (Non-Deadly Force) techniques, striking with an empty hand, leg, or knee is the method appropriate for targeting the inside of the thigh. This area is considered sensitive and can be effectively engaged using control techniques that minimize the risk of serious injury while still providing a tactical advantage. Utilizing an empty hand, leg, or knee allows for greater control and accuracy when applying force. The thigh, particularly the inner portion, has muscle mass that can absorb hits without causing substantial harm, making it suitable for non-lethal engagements aimed at creating openings or dissuading aggressive behavior. Striking with a tube, fist, or foot could potentially lead to excessive force or unintended injuries. A tube strike may not provide the desired control, and a fist or foot strike could cause more pain or damage than intended, deviating from the principle of using non-deadly force appropriately. This focus on control and precision is critical in defensive tactics training, ensuring practitioners can safely and effectively manage encounters without escalating violence unnecessarily.



**9. What is indicated as a part of the cooldown routine after defensive tactics training?**

- A. Jumping jacks**
- B. Cooldown stretches**
- C. High-intensity cardio**
- D. Powerlifting exercises**

In the context of defensive tactics training, a cooldown routine serves essential purposes for recovery and injury prevention after intense physical activity. Cooldown stretches are specifically designed to gradually bring the heart rate back to its resting state, promote flexibility, and reduce muscle soreness. By focusing on stretches, the body can release tension that has built up during rigorous training, aiding in the recovery of muscles that may have been strained. This practice helps maintain overall mobility and reduces the risk of injuries associated with abrupt stops in high-intensity movement. Other options do not align with the objectives of a cooldown routine. Jumping jacks and high-intensity cardio would merely elevate the heart rate further instead of helping it decrease, while powerlifting exercises do not contribute to flexibility or gradual recovery after a workout. Cooldown stretches, therefore, are the most appropriate and beneficial choice for concluding defensive tactics training effectively.

**10. What type of physical activity is ground fighting classified as?**

- A. Aerobic**
- B. Zenith**
- C. Anaerobic**
- D. Mixed**

Ground fighting is classified as anaerobic physical activity. This classification is attributed to the nature of the movements involved in ground fighting, which typically require short bursts of intense effort that do not rely solely on oxygen consumption. During ground fighting, practitioners engage in various techniques that involve grappling, positioning, and potentially executing submissions, all of which demand quick, powerful actions over short durations. Anaerobic exercise is characterized by high-intensity efforts that can lead to fatigue within a brief period because it relies more on the energy stored in the muscles rather than on aerobic metabolism, which is suited to longer-duration, less intense efforts. Ground fighting often does not provide the opportunity for sustained aerobic activity due to the high pace and explosive nature of the techniques used. In contrast, aerobic exercise is associated with prolonged activities that can be maintained over extended periods, such as running, cycling, or swimming at a steady pace. Given the intense and short-lived nature of ground fighting techniques, it does not fit into the aerobic category. The terms "zenith" and "mixed" are not standard classifications used to categorize physical activities in this context, making anaerobic the most appropriate classification for ground fighting.

## 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](mailto:hello@examzify.com).**

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

**<https://crimjusticedeftactics.examzify.com>**

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