

# Criminal Justice Defensive 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

- 1. In the context of defensive tactics, what does 'taking action' imply?**
  - A. Defenses should be passive**
  - B. Officers should wait for the subject to react first**
  - C. Officers must initiate contact with the subject**
  - D. Officers should avoid confrontation entirely**
- 2. In executing a rear fall, what initial action should be taken?**
  - A. Stretch your legs out straight**
  - B. Squat and roll backward**
  - C. Stand up straight before falling**
  - D. Take a deep breath before the fall**
- 3. What is the function of the movement called "shrimping" in self-defense?**
  - A. To create distance between you and an opponent**
  - B. To recover balance after being pushed**
  - C. To move laterally while defending against an attack**
  - D. To position oneself for a counterattack**
- 4. What is the correct position for the both arms above head stretch?**
  - A. Stand with legs apart and arms lowered**
  - B. Stand with both arms extended straight above the head**
  - C. Stand with arms held straight at sides**
  - D. Stand with arms interlocked behind the head**
- 5. In self-defense training, why is it essential to understand the potential consequences of empty-hand techniques?**
  - A. To enhance physical fitness**
  - B. To ensure appropriate responses in critical situations**
  - C. To promote teamwork and collaboration**
  - D. To increase weapons proficiency**

- 6. What technique should be used when performing a hammer lock transporter?**
- A. Push the subject forward**
  - B. Pull the subject backward**
  - C. Control the subject by bending the wrist**
  - D. Lift the subject's feet off the ground**
- 7. Force Guidelines are structured based on which considerations?**
- A. Personal experience and situational awareness**
  - B. Constitutional considerations and case law**
  - C. Community feedback and public relations**
  - D. Training reports and outcomes**
- 8. What is the main focus when engaging in a ground fight?**
- A. To escape or disengage**
  - B. To maintain control over the subject**
  - C. To calculate the next move**
  - D. To locate backup**
- 9. What is the primary focus during stationary sprints?**
- A. To run at maximum speed**
  - B. To alternate legs as quickly as possible**
  - C. To maintain a low center of gravity**
  - D. To perform the exercise for extended periods**
- 10. What do use of force guidelines provide for criminal justice officers?**
- A. A framework for decision making**
  - B. A list of mandatory actions**
  - C. A method for avoiding conflict**
  - D. Guidance on paperwork and documentation**



## **Answers**

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

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## **Explanations**

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**1. In the context of defensive tactics, what does 'taking action' imply?**

- A. Defenses should be passive**
- B. Officers should wait for the subject to react first**
- C. Officers must initiate contact with the subject**
- D. Officers should avoid confrontation entirely**

In the context of defensive tactics, "taking action" emphasizes that officers must be proactive in managing situations. This means that officers should not simply react to a subject's movements or behavior but should take the initiative when appropriate to either control the situation or establish safety. By initiating contact, officers demonstrate control and assertiveness, which is crucial in many situations that could potentially escalate into violence. This approach is grounded in the understanding that officers have the responsibility to maintain public safety and protect themselves and others. Proactivity helps prevent circumstances from deteriorating further and may deter aggressive behaviors from subjects. Other options suggest more passive approaches or avoidance, which are not aligned with the principles of effective defensive tactics where timely and decisive action is often necessary to resolve potentially dangerous encounters.

**2. In executing a rear fall, what initial action should be taken?**

- A. Stretch your legs out straight**
- B. Squat and roll backward**
- C. Stand up straight before falling**
- D. Take a deep breath before the fall**

Executing a rear fall begins with a key initial action to ensure safety and effectiveness. Squatting and rolling backward is essential because it helps to lower your center of gravity, creating a more stable posture for the fall. By bending your knees and positioning yourself into a squatting stance, you can better control the descent and avoid landing with force on your back, which could lead to injury. The act of rolling backward also distributes the impact over a larger area of the body, rather than a concentrated impact on the spine or tailbone. This technique is especially important in self-defense or tactical situations, where maintaining control and minimizing injury are paramount. Other options, such as stretching the legs straight or standing up straight before the fall, do not provide the necessary support and safety needed to execute a rear fall correctly, leading to a higher risk of injury. Taking a deep breath, while it can be calming, does not contribute to the mechanics of safely performing the fall. Therefore, the correct approach emphasizes the importance of squatting and rolling backward as a foundational element of effective defensive tactics.

**3. What is the function of the movement called "shrimping" in self-defense?**

- A. To create distance between you and an opponent**
- B. To recover balance after being pushed**
- C. To move laterally while defending against an attack**
- D. To position oneself for a counterattack**

The function of the movement known as "shrimping" is primarily to facilitate lateral movement while defending against an attack. In self-defense scenarios, shrimping enables individuals to escape or evade an opponent's strikes or holds, creating an opportunity to reposition oneself effectively. This technique is particularly useful in grappling situations where keeping a dynamic posture helps maintain a defensive readiness while allowing for strategic maneuvers. By staying mobile, a defender can prevent an attacker from gaining control and leverage, thus increasing their chances of successfully defending themselves or transitioning into an offensive move if the opportunity arises. This concept emphasizes the importance of mobility in defensive tactics, reinforcing the idea that being able to move out of the direct line of an attack can be just as crucial as counter-striking or creating distance.

**4. What is the correct position for the both arms above head stretch?**

- A. Stand with legs apart and arms lowered**
- B. Stand with both arms extended straight above the head**
- C. Stand with arms held straight at sides**
- D. Stand with arms interlocked behind the head**

The correct position for the both arms above head stretch involves standing with both arms extended straight above the head. This position effectively stretches the shoulders, arms, and upper back, promoting flexibility and mobility in the upper body. When arms are fully extended upward, it helps in reaching potential, enhancing blood flow to the muscles in the arms and shoulders, and can also facilitate better posture. The other options do not provide the necessary stretch. For instance, having legs apart and arms lowered does not engage the muscles intended for an overhead stretch, and holding arms straight at the sides limits the range of motion. Lastly, interlocking arms behind the head can create tension in the shoulders rather than providing an effective stretch. Thus, extending both arms straight above the head is essential for maximizing the benefits of this particular stretch.

**5. In self-defense training, why is it essential to understand the potential consequences of empty-hand techniques?**

**A. To enhance physical fitness**

**B. To ensure appropriate responses in critical situations**

**C. To promote teamwork and collaboration**

**D. To increase weapons proficiency**

Understanding the potential consequences of empty-hand techniques is crucial in self-defense training because it prepares individuals to respond appropriately in critical situations. Self-defense involves not only physical techniques but also mental preparedness and ethical considerations. Knowing the consequences of one's actions can help a person assess the situation accurately, determine whether a technique is necessary, and avoid excessive force. This awareness promotes the ability to make sound judgment calls under pressure, which is essential in self-defense scenarios where the stakes can be life and death. Focusing solely on physical fitness, teamwork, or weapons proficiency does not adequately address the complexity and moral implications of self-defense actions. While these aspects may enhance an individual's overall skills, they do not replace the need for a comprehensive understanding of the legal and ethical ramifications of employing force, especially empty-hand techniques in a self-defense context.

**6. What technique should be used when performing a hammer lock transporter?**

**A. Push the subject forward**

**B. Pull the subject backward**

**C. Control the subject by bending the wrist**

**D. Lift the subject's feet off the ground**

The correct technique for performing a hammer lock transporter involves controlling the subject by bending the wrist. This method effectively immobilizes the subject's arm and creates leverage that allows the officer to guide the subject safely and securely. By bending the wrist and applying pressure, the officer maintains control over the subject's movement, which is essential for both the safety of the officer and the subject. Using this technique minimizes the risk of resistance and injury during transport. It allows for a more manageable and stable position while ensuring compliance without excessive force. This control is crucial in maintaining the situation within reasonable bounds, helping to protect the wellbeing of all parties involved. Other options may not provide the necessary control or could result in an increased risk of escape or conflict. For instance, pushing the subject forward or pulling them backward can lead to miscommunication and potential resistance, whereas lifting the subject's feet off the ground is impractical in most situations and could necessitate additional force that is unnecessary.

**7. Force Guidelines are structured based on which considerations?**

- A. Personal experience and situational awareness**
- B. Constitutional considerations and case law**
- C. Community feedback and public relations**
- D. Training reports and outcomes**

The correct understanding of force guidelines centers on constitutional considerations and case law. This is because the application of force by law enforcement must align with the constitutional rights of individuals, particularly as outlined in the Fourth Amendment, which guards against unreasonable searches and seizures. Case law provides legal precedents that dictate how force can be used and helps officers understand the legal implications of their actions. Courts interpret these constitutional protections, setting parameters for when and how force can be applied in various situations, ensuring that officers act within the law. While personal experience and situational awareness, community feedback, and training reports can inform an officer's decision-making process, the fundamental framework for the use of force is rooted in legal standards. These legal standards ensure that officers not only protect themselves but also uphold the rights of citizens, thereby reinforcing accountability and ethical conduct in law enforcement.

**8. What is the main focus when engaging in a ground fight?**

- A. To escape or disengage**
- B. To maintain control over the subject**
- C. To calculate the next move**
- D. To locate backup**

The primary focus when engaging in a ground fight is to maintain control over the subject. This is crucial because losing control in such situations can lead to increased danger, not just for the officer, but potentially for bystanders as well. By controlling the subject, an officer can minimize the risk of injury, effectively manage the situation, and prevent any potential escape or escalation of violence. In ground fighting scenarios, maintaining control often involves using specific techniques to limit the subject's mobility and capabilities. This ensures that the officer can both safeguard themselves and ensure the individual does not pose a threat. Control is a key aspect of defensive tactics, as it allows for safer resolution of the encounter. While the other options may seem relevant, they do not prioritize the immediate needs of the situation as effectively as controlling the subject does. Escaping or disengaging may be necessary in some contexts, particularly if control cannot be maintained, but the ideal scenario is always to maintain control during the fight. Calculating the next move is important, but it often stems from the position of control. Locating backup is vital for overall safety, yet this occurs typically before or after control is established in a ground fight.

## 9. What is the primary focus during stationary sprints?

- A. To run at maximum speed
- B. To alternate legs as quickly as possible**
- C. To maintain a low center of gravity
- D. To perform the exercise for extended periods

The primary focus during stationary sprints is to alternate legs as quickly as possible. This exercise is designed to improve muscle responsiveness and coordination, enabling individuals to develop the quick footwork and explosive power beneficial in defensive tactics and other physical activities. By emphasizing rapid leg movement, practitioners can enhance their ability to transition swiftly in real-world scenarios, which is crucial for effective defensive tactics in law enforcement or self-defense situations. While maximum speed is a goal in many forms of sprinting, stationary sprints are more about explosiveness and quick changes in motion rather than outright speed. Maintaining a low center of gravity is important in many physical activities for stability and balance, but it is not the central focus in the context of stationary sprints. Performing the exercise for extended periods is less relevant in this scenario because stationary sprints are typically short-duration bursts aimed at increasing power and agility rather than endurance.

## 10. What do use of force guidelines provide for criminal justice officers?

- A. A framework for decision making**
- B. A list of mandatory actions
- C. A method for avoiding conflict
- D. Guidance on paperwork and documentation

Use of force guidelines are essential for criminal justice officers as they establish a framework for decision-making in potentially volatile situations. These guidelines help officers determine the appropriate level of force necessary based on specific circumstances, the behavior of individuals involved, and the nature of a threat. By providing a structured approach, these guidelines encourage officers to assess each situation carefully, considering various factors such as the degree of force necessary to safely carry out their duties while minimizing harm to themselves and others. This framework is crucial in promoting accountability and ensuring that officers act within the limits of the law and department policy. The other options do not accurately characterize the primary purpose of use of force guidelines. They do not strictly list mandatory actions, as the requirement often varies based on context and discretion. While avoiding conflict may be a goal, the guidelines focus more on the appropriate response when confronted with conflict rather than simply avoiding it. Additionally, while documentation is important in law enforcement, the primary goal of use of force guidelines is not to provide instructions on paperwork, but rather to guide officers in making critical decisions regarding the use of force.



## 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!**