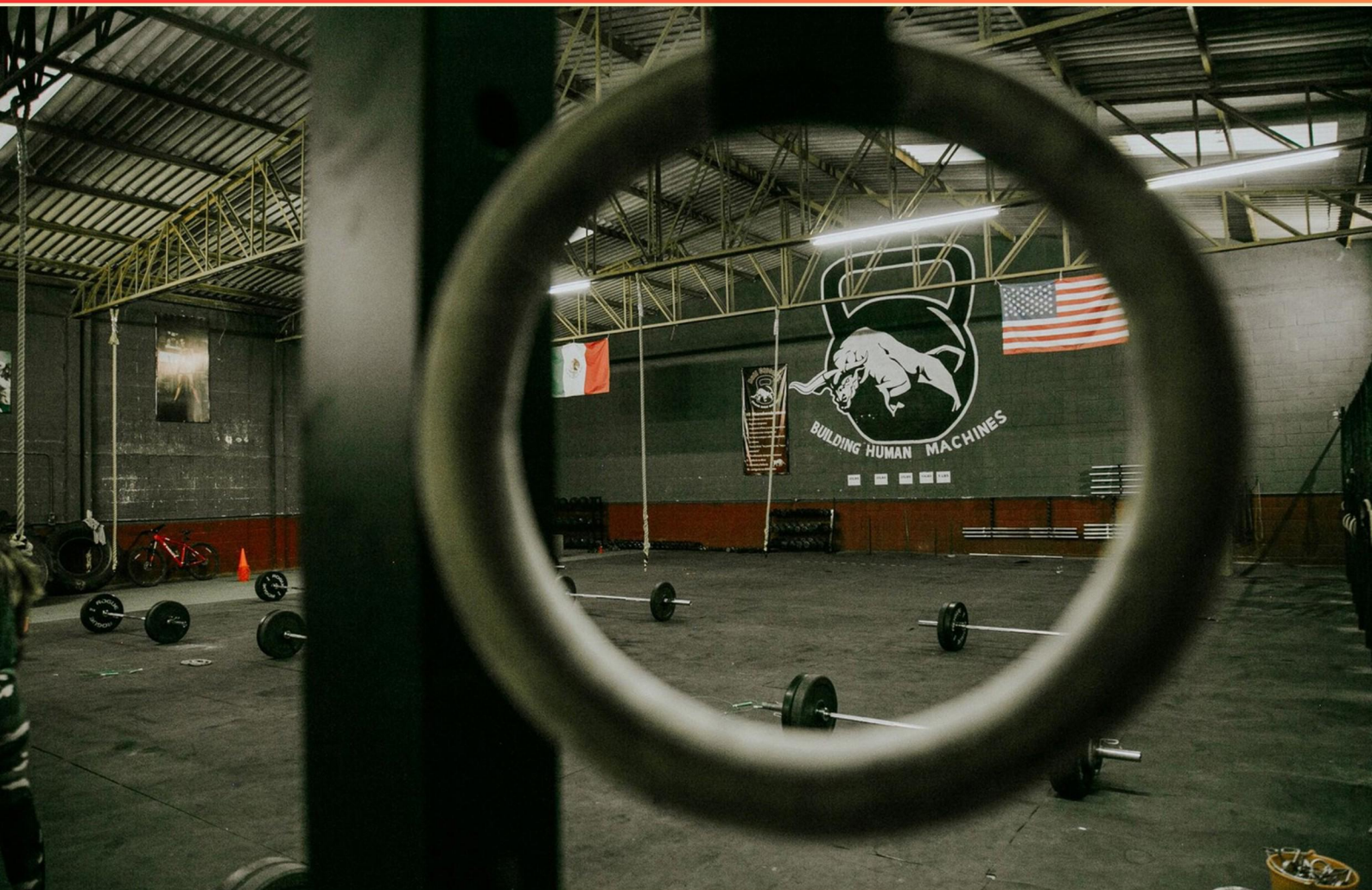


DEFENSIVE TACTICS (DT) SUBJECT CONTROL PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

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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. Which item is an example of an intermediate weapon?**
 - A. Taser
 - B. Firearm
 - C. Verbal commands
 - D. Handcuffs
- 2. What is positional asphyxia and why is it a risk in restraint situations?**
 - A. Positional asphyxia is a risk when a person is restrained in a prone or restricted position, potentially leading to serious injury or death.
 - B. It is a risk only with chemical agents.
 - C. It occurs only when a person is standing and breathing heavily.
 - D. It is not a concern with modern restraints.
- 3. What is the role of equipment maintenance and inspection in defensive tactics safety?**
 - A. It is optional for most agencies.
 - B. Ensures tools function correctly, reduces risk of failure, and maintains readiness.
 - C. It only covers cosmetic cleaning.
 - D. It focuses on training decisions.
- 4. What does "double-locking" handcuffs accomplish?**
 - A. It prevents the cuffs from tightening accidentally, reducing injury risk and enhancing safety.
 - B. It makes the cuffs harder to remove.
 - C. It increases the risk of injury.
 - D. It has no effect on safety.
- 5. Why is constant awareness of surroundings critical for DT deployments?**
 - A. To identify hazards, threats, and escape routes, reducing risk of harm to all parties.
 - B. To memorize the area for future operations.
 - C. To reduce the number of officers required.
 - D. To focus on paperwork only.

- 6. Which principle best aligns with safe defensive tactics practice?**
- A. Use of maximum force immediately in every contact.
 - B. Rely on adrenaline to guide decisions.
 - C. Safety, de-escalation, and proportional force with documented rationale.
 - D. Avoid all training and rely on instinct.
- 7. Which technique is not an example of compliance control?**
- A. Soft empty-hand techniques
 - B. Escort holds
 - C. Choke holds
 - D. Joint locks and pressure points
- 8. Which distance is listed as the ideal distance for interviewing?**
- A. 2-3 ft
 - B. 1-2 ft
 - C. 12-15 ft
 - D. 6-8 ft
- 9. Where should the head be located when putting someone in a head and arm control takedown as you take them down to the ground?**
- A. Chin
 - B. Back of the head
 - C. Center of the chest
 - D. Shoulders
- 10. An officer uses pressure points to effectuate an arrest. What is the level of force according to the MCOLES subject control continuum?**
- A. Compliance controls
 - B. Officer presence/verbal directions
 - C. Physical control
 - D. Deadly force assault

Answers

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

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Explanations

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1. Which item is an example of an intermediate weapon?

- A. Taser**
- B. Firearm
- C. Verbal commands
- D. Handcuffs

An intermediate weapon is a tool used to gain control when empty-hand techniques aren't enough but lethal force isn't warranted yet. The taser fits this category because it provides immediate, temporary incapacitation to deter or stop a subject, typically with less risk of fatal injury than a firearm. A firearm is a lethal weapon reserved for the most serious threats. Verbal commands are de escalation tools, not weapons. Handcuffs are restraining devices used after control is established, not weapons.

2. What is positional asphyxia and why is it a risk in restraint situations?

- A. Positional asphyxia is a risk when a person is restrained in a prone or restricted position, potentially leading to serious injury or death.**
- B. It is a risk only with chemical agents.
- C. It occurs only when a person is standing and breathing heavily.
- D. It is not a concern with modern restraints.

The main concept is that breathing can be physically restricted by how a person's body is positioned during restraint. When someone is held in a prone (face-down) or other tight, restricted position, the chest and abdomen may not be able to expand fully, the diaphragm can be pressed upward, and the airway or neck area can be stressed. This combination can reduce air entering the lungs and the brain's oxygen supply, so distress can escalate quickly and, in worst cases, lead to serious injury or death. In restraint contexts, these risks are real because the weight of an officer or the way restraints are applied can unintentionally compress the chest or restrict movement, especially if the person is struggling, unconscious, intoxicated, or has medical factors like obesity or respiratory disease. Because of this, ongoing monitoring of breathing and consciousness is essential, and teams are trained to avoid or minimize prone restraints whenever possible. If signs of distress appear—gasping, muffled or unusual breathing, turning blue lips or face—repositioning to a configuration that allows chest expansion and airway access, and seeking immediate medical evaluation are critical steps. Positional asphyxia is not limited to chemical agents, standing positions, or outdated restraint methods. Modern understanding emphasizes airway safety and the need to keep a position that allows free breathing, along with constant observation and timely release or repositioning if distress is observed.

3. What is the role of equipment maintenance and inspection in defensive tactics safety?

- A. It is optional for most agencies.
- B. Ensures tools function correctly, reduces risk of failure, and maintains readiness.**
- C. It only covers cosmetic cleaning.
- D. It focuses on training decisions.

Regular equipment maintenance and inspection is essential for defensive tactics safety. When gear is routinely checked and kept in good repair, tools function as designed, worn or damaged parts are caught before they fail in a critical moment, and you stay ready to respond effectively. This proactive approach minimizes the chance of sudden malfunctions that could escalate risk to officers and others and ensures you have reliable equipment when you need it most. Maintenance is not just cosmetic or optional; it encompasses pre-use checks, scheduled servicing, proper repairs by qualified personnel, and keeping records to verify that gear stays within policy and manufacturer standards. By embedding maintenance into daily practice, you support safer decision-making, smoother apply-and-control actions, and overall readiness for any encounter.

4. What does "double-locking" handcuffs accomplish?

- A. It prevents the cuffs from tightening accidentally, reducing injury risk and enhancing safety.
- B. It makes the cuffs harder to remove.
- C. It increases the risk of injury.
- D. It has no effect on safety.

Double-locking is a safety feature that adds a secondary lock to the handcuff mechanism so the cuff cannot tighten any further. The key benefit is preventing the cuff from cinching tighter if the detainee pulls or wriggles, which lowers the chance of nerve damage, reduced blood flow, or other injury to the wrist. Officers can still unlock and remove the cuffs with the proper key, and releasing the double lock is part of the normal procedure. Because of this, it actually improves safety rather than harming it. The other statements don't fit because removal difficulty isn't the intended effect, and it doesn't increase injury or have no safety impact.

5. Why is constant awareness of surroundings critical for DT deployments?

- A. To identify hazards, threats, and escape routes, reducing risk of harm to all parties.
- B. To memorize the area for future operations.
- C. To reduce the number of officers required.
- D. To focus on paperwork only.

Constant awareness of surroundings is essential for officer safety and effective defensive tactics deployments. By continuously scanning the environment, you can identify hazards such as unstable surfaces or loose debris, detect potential threats from subjects or bystanders, and recognize escape routes or safe ingress/egress points. This ongoing risk assessment informs where to position yourself, what distance to maintain, and how to adapt your plan as conditions change, directly reducing the risk of harm to everyone involved and supporting safer de-escalation and control. Memorizing the area for future operations isn't reliable in a dynamic scene, where layouts, lighting, and people can change in an instant. The goal isn't to minimize personnel; safety often hinges on staying alert and ready to adjust—staffing should fit the situation, not replace awareness. Focusing on paperwork ignores the live information at the scene that drives safe decisions and effective intervention.

6. Which principle best aligns with safe defensive tactics practice?

- A. Use of maximum force immediately in every contact.
- B. Rely on adrenaline to guide decisions.
- C. Safety, de-escalation, and proportional force with documented rationale.
- D. Avoid all training and rely on instinct.

Safety-first, de-escalation, and proportional force with a documented rationale is the principle best aligned with safe defensive tactics practice. This approach puts everyone's safety at the forefront, using verbal and environmental de-escalation techniques and only applying force when it is necessary to protect from harm. When force is needed, it should be proportional to the threat and the potential injuries, avoiding more than what is reasonably required. Documenting the rationale for each action creates a clear, auditable record that supports accountability, training, and legal protections, showing that decisions were based on observable facts and policy. Why the other paths aren't suitable: acting with maximum force in every contact disregards de-escalation and proportionality and can escalate harm and violate policy and law; relying on adrenaline to guide decisions is unpredictable under stress and undermines safe judgment; avoiding training and relying on instinct leaves you unprepared for real scenarios and increases risk to all involved.

7. Which technique is not an example of compliance control?

- A. Soft empty-hand techniques
- B. Escort holds
- C. Choke holds**
- D. Joint locks and pressure points

Compliance control focuses on gaining voluntary compliance with minimal harm, using restraint methods that rely on positioning, balance, and controlled force. Soft empty-hand techniques guide or control a person through calm, non-threatening contact and leverage. Escort holds are used to move someone safely from a scene while maintaining control and safety for both parties. Joint locks and pressure points employ controlled leverage and targeted pressure to restrict movement without causing serious injury. Choke holds, in contrast, are designed to cut off airflow or blood flow and can quickly lead to unconsciousness or death. Their risk to life and health makes them unsuitable for compliance-focused restraint, and in most training and policy contexts they are restricted or prohibited. Therefore, choke holds are not considered compliance control.

8. Which distance is listed as the ideal distance for interviewing?

- A. 2-3 ft
- B. 1-2 ft
- C. 12-15 ft
- D. 6-8 ft**

Maintaining a safe, controlled talking space is essential when interviewing a person. The ideal distance is 6-8 feet. This buffer protects you while still allowing clear verbal communication and eye contact, and it gives you room to observe body language and access to retreat or reposition if the situation changes. It also helps prevent close-contact escalation and keeps you out of arm's reach, reducing the chance of sudden grabs or moves. Close distances (1-2 or 2-3 feet) place you in near contact where a quick, unpredictable action can occur and limit your ability to monitor hands or step away. Being too far (12-15 feet) makes it hard to project your voice and establish rapport, and you may miss subtle cues that indicate de-escalation is needed or that the situation is about to escalate.

9. Where should the head be located when putting someone in a head and arm control takedown as you take them down to the ground?

- A. Chin
- B. Back of the head
- C. Center of the chest**
- D. Shoulders

When executing a head-and-arm control takedown, the head should be located at the center of the opponent's chest. This placement keeps your body in a compact, strong alignment with their torso, allowing you to drive their weight downward and toward the ground while maintaining solid control of their head and arm. It also helps prevent them from turning off the position or posting up, and it protects your own neck and spine by avoiding awkward loads on the head or neck. Placing the head on the chin or the back of the head can invite loss of control or neck risk, and resting it on the shoulders doesn't provide the same stable reference for controlling the upper body.

10. An officer uses pressure points to effectuate an arrest. What is the level of force according to the MCOLES subject control continuum?

A. Compliance controls

B. Officer presence/verbal directions

C. Physical control

D. Deadly force assault

The idea being tested is how a restraint technique is categorized on the subject-control continuum. Pressure points are used to create pain or discomfort to gain a subject's cooperation, with the goal of stopping resistance without escalating to more force. On the continuum, this intent places the technique in the compliance controls level—the option that represents gaining compliance with relatively limited force. It's more than just speaking commands, but it's not about applying hard restraints or deadly force. If we compare the other options, verbal commands alone are just presence and communication, deadly force is inappropriate for this scenario, and broader physical control encompasses techniques aimed at restraint beyond eliciting compliance with pain. So, the best fit is compliance controls.

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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://dtsubjectcontrol.examzify.com>

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

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