

FLATROCK PRESSURE POINT CONTROL TACTICS (PPCT) PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 statement best describes the stunning control principle?**
 - A. It overwhelms with sudden sensory input to gain control in 3-7 seconds
 - B. It relies on long-term immobilization
 - C. It uses only verbal commands
 - D. It is ineffective
- 2. What is the definition of response time?**
 - A. The time from stimulus to first noticeable movement
 - B. Time to see and respond to a stimulus
 - C. Reaction time + movement time
 - D. Time to analyze and decide on action
- 3. What is the reactionary gap principle?**
 - A. The maximum distance at which an officer can operate safely
 - B. Safe zone minimum that an officer should maintain with others
 - C. A prescribed distance to maintain during all pursuits
 - D. A standoff distance used in negotiations
- 4. Which of the following is NOT a trigger that activates the SNS?**
 - A. Objective threat perceptions
 - B. Objective fear perceptions
 - C. Physical exhaustion
 - D. Sleep deprivation
- 5. What are the four issues that prepare officers for a disarming encounter?**
 - A. Relative distance; Distractionary window; Absolute commitment disarming; Follow-up control
 - B. Relative distance; Verbal commands; Noncompliance; Follow-up contact
 - C. Approach angle; Training level; Weather; Lighting
 - D. Relative distance; Distractionary window; Absolute commitment disarming; Verbal commands

- 6. What is the expected duration of the muscle impairment from the motor dysfunction control technique?**
- A. 30 seconds to 7 minutes
 - B. Seconds to minutes
 - C. Minutes to hours
 - D. Indefinite
- 7. Which energy system is primarily used during long-duration, steady-state activities?**
- A. Fats
 - B. Lactic acid system
 - C. ATP/PC System
 - D. Aerobic system
- 8. What percentage of body weight fluid loss can impair functions and increase fatigue?**
- A. 1% of body weight
 - B. 2% of body weight
 - C. 3% of body weight
 - D. 4% of body weight
- 9. Which basic defense technique is used against line 5?**
- A. Double stop
 - B. Blocking and stun
 - C. Straight arm takedown
 - D. Double pass
- 10. What is the definition of combat stress?**
- A. A medical condition
 - B. Mental / psychological symptoms of going from SNS to PNS 'backlash'
 - C. Physical fatigue due to exertion
 - D. A sleep disorder

Answers

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

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Explanations

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1. Which statement best describes the stunning control principle?

- A. It overwhelms with sudden sensory input to gain control in 3-7 seconds**
- B. It relies on long-term immobilization
- C. It uses only verbal commands
- D. It is ineffective

Stunning control centers on creating a brief, intense disruption to the subject's resistance by delivering rapid, overwhelming sensory input. The goal is to break through that resistance quickly, usually within a 3- to 7-second window, so you can establish control with minimal ongoing force. This is why the statement describing overwhelming the senses in a short, defined time frame fits best. Long-term immobilization isn't what this principle aims for, since stunning is about a quick opening rather than a drawn-out hold. Verbal commands alone don't produce the rapid disruption needed to gain control, and saying it's ineffective contradicts the purpose of using a brief, decisive burst of stimuli to create compliance.

2. What is the definition of response time?

- A. The time from stimulus to first noticeable movement
- B. Time to see and respond to a stimulus
- C. Reaction time + movement time**
- D. Time to analyze and decide on action

Response time is the total duration from when the stimulus appears to the completion of the action. It combines two parts: reaction time and movement time. Reaction time is the interval from stimulus onset to the start of the movement, capturing perception, decision, and initiation. Movement time is from movement onset to completion of the action. Adding them gives the full response time, which is why the correct choice is reaction time plus movement time. The other descriptions either stop at the moment movement begins, lump in perception without finishing the action, or focus only on cognitive analysis, not the entire execution.

3. What is the reactionary gap principle?

- A. The maximum distance at which an officer can operate safely
- B. Safe zone minimum that an officer should maintain with others**
- C. A prescribed distance to maintain during all pursuits
- D. A standoff distance used in negotiations

Reactionary gap is the minimum safe distance you keep from another person to allow time to perceive a threat, decide on a response, and take action before harm can occur. It's about space and time to react, not about a maximum range or a distance used for all pursuits, and it isn't specifically a distance used in negotiations. The exact distance can vary with the situation and threat indicators, but the core idea is to maintain enough space to observe movements, issue commands, and, if needed, apply a controlled response to protect yourself and others.

4. Which of the following is NOT a trigger that activates the SNS?

- A. Objective threat perceptions
- B. Objective fear perceptions
- C. Physical exhaustion
- D. Sleep deprivation**

The key idea is how the body decides to switch on the fight-or-flight response. The sympathetic nervous system (SNS) is activated by cues that demand rapid action and heightened alertness. Objective threat perceptions and objective fear perceptions are direct signals of danger. When you clearly sense a threat or feel fear, the body gears up, adrenaline rises, heart rate increases, and muscles ready for action—that's SNS activation in action. Physical exhaustion also pushes the system toward SNS readiness. When the body is taxed and needs to keep functioning, the SNS helps mobilize energy and sustain performance. Sleep deprivation, while it can worsen stress and impair judgment, isn't considered a direct trigger for initiating the SNS in this framework. It's a condition that can degrade performance and increase baseline arousal over time, but it doesn't by itself cue the immediate fight-or-flight response the way the other factors do. So sleep deprivation is the one that does not fit as a trigger for SNS activation in this context.

5. What are the four issues that prepare officers for a disarming encounter?

- A. Relative distance; Distractionary window; Absolute commitment disarming; Follow-up control
- B. Relative distance; Verbal commands; Noncompliance; Follow-up contact
- C. Approach angle; Training level; Weather; Lighting**
- D. Relative distance; Distractionary window; Absolute commitment disarming; Verbal commands

Preparation factors that shape a safe disarming encounter revolve around where you stand, your readiness, and the environment you're operating in. The angle you approach from sets you up to maintain control of the weapon and stay off the weapon's direct line of threat, giving you a safer, more advantageous position. Your training level matters because having practiced the disarm technique repeatedly leads to quicker, more predictable movements and reduces hesitation or errors under stress. Weather and lighting influence how you move, grip, and track the weapon—the footing you have on slick surfaces, the visibility of the weapon, and your ability to see cues from the suspect—so these environmental conditions can make the disarm safer or more challenging. Taken together, these factors create the conditions under which a disarming maneuver can be performed with greater control and minimized risk. The other options mix in actions or outcomes that occur during or after an encounter (such as distances to maintain, commands given, noncompliance, or follow-up actions) or include factors that are not core preparatory conditions, which is why they aren't the best fit for describing the four issues that prepare an officer for a disarming encounter.

6. What is the expected duration of the muscle impairment from the motor dysfunction control technique?

A. 30 seconds to 7 minutes

B. Seconds to minutes

C. Minutes to hours

D. Indefinite

Temporary disruption of voluntary muscle control from this technique is meant to be short and reversible. The expected duration is about 30 seconds up to 7 minutes. This window reflects how the body typically recovers after the hold is released, with most individuals regaining normal function within that span. Exact timing can vary depending on how long and where pressure was applied and on individual factors such as health and conditioning. Understanding this helps with safety and de-escalation, so you monitor for recovery and ensure the subject returns to baseline without prolonged impairment. Other timeframes imply either too brief a effect or unnecessarily extended impairment, which is not consistent with how this technique is taught.

7. Which energy system is primarily used during long-duration, steady-state activities?

A. Fats

B. Lactic acid system

C. ATP/PC System

D. Aerobic system

During long-duration, steady-state activity the body relies on aerobic metabolism to deliver energy. This system uses oxygen to fully oxidize fuels (like fats and carbohydrates) in the mitochondria, producing ATP gradually but in large amounts. Because it depends on oxygen, it can sustain energy production for extended periods without the rapid buildup of fatigue-associated byproducts, unlike the other systems. The ATP/PC (phosphagen) system provides immediate energy for very short bursts and is exhausted within seconds, while the lactic acid system (anaerobic glycolysis) fuels higher-intensity efforts but creates lactate and isn't sustainable at a steady, prolonged pace. Therefore, the aerobic system is the primary source of energy for long-duration, steady-state activity.

8. What percentage of body weight fluid loss can impair functions and increase fatigue?

A. 1% of body weight

B. 2% of body weight

C. 3% of body weight

D. 4% of body weight

Losing about two percent of body weight in fluids is the point where performance and alertness start to decline. This level of dehydration reduces plasma volume, causing the heart to work harder for the same effort, hampers cooling and temperature regulation, and disrupts electrolyte balance. All of this raises perceived effort and fatigue, and it can blunt reaction time and motor precision. In situations that require quick perception, steady control, and fast, accurate actions, this modest fluid loss can noticeably hinder performance. Smaller losses (around one percent) may be barely noticeable, while larger losses (three to four percent) bring more pronounced symptoms like dizziness and confusion. To stay below this threshold, maintain regular hydration and replace fluids during activity rather than waiting for thirst.

9. Which basic defense technique is used against line 5?

- A. Double stop
- B. Blocking and stun
- C. Straight arm takedown

D. Double pass

The key idea here is choosing a defense that creates quick disengagement by moving through the attacker's line of attack rather than meeting it head-on. When line five is active, the most effective option is a double pass because it uses both arms to clear the line and shift you into a safer position, rather than trying to pin or strike through the line. A double pass works by threading your arms to pass the attacker's line past your body while simultaneously controlling their limbs. This action reduces their ability to re-grab or reassert control, and it opens a pathway to escape or create distance. It keeps your base solid and preserves options for continuing to move away to safety or to a controlled end to the encounter. Why this approach fits line five best: it directly addresses the line by not resisting with brute force at its point of contact, but by moving through and past it, which minimizes your exposure to counters and maintains control as you disengage. It's about creating a clean exit rather than getting caught up in stopping or trapping the line with another technique. In contrast, double stop aims to pin the line, which can leave you trapped and vulnerable to a second attack; blocking and stun tends to be too passive and doesn't reliably create the space needed for a safe exit; a straight arm takedown can put you off balance and invite counter-moves from a reactive opponent.

10. What is the definition of combat stress?

- A. A medical condition
- B. Mental / psychological symptoms of going from SNS to PNS 'backlash'
- C. Physical fatigue due to exertion
- D. A sleep disorder

Combat stress is the mental and psychological response that shows up as the body shifts from high arousal to a resting state after a stressful combat situation. In PPCT terms, this is the mental/psychological symptoms that occur during the transition from the sympathetic (fight-or-flight) system back toward parasympathetic control, sometimes described as a "backlash." That can include anxiety, irritability, mood changes, intrusive thoughts, or difficulty concentrating—not simply a medical condition, not just physical fatigue, and not solely a sleep disorder. Recognizing it this way emphasizes the emotional and cognitive reactions that follow intense stress and guides appropriate coping and de-escalation approaches.

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:

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

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