

# HFRG 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,**

**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

**No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.**

**Notice: Examzify makes every reasonable effort to obtain from reliable sources accurate, complete, and timely information about this product.**

**SAMPLE**

# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>6</b>
<b>Answers</b> .....	<b>9</b>
<b>Explanations</b> .....	<b>11</b>
<b>Next Steps</b> .....	<b>17</b>

# 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!**

SAMPLE

## **Questions**

- 1. What may occur as a result of the sudden return to the parasympathetic nervous system?**
  - A. Enhanced cognitive reflexes**
  - B. PNS blackout**
  - C. Memory distortion**
  - D. Heightened awareness**
- 2. Where is the Femoral Nerve Motor Point located?**
  - A. The inside of the thigh, halfway between the groin and the knee**
  - B. The base of the shin, just above the instep**
  - C. On the outside of the thigh, about six inches above the knee**
  - D. Above the outside of the right knee**
- 3. Why is it important to maintain the reactionary gap during arrests?**
  - A. To prevent verbal confrontations**
  - B. To allow for distance to react to sudden movements**
  - C. To minimize the need for excessive force**
  - D. To ensure backup has time to arrive**
- 4. What does the HFRG Nerve Motor Point Target System aim to achieve?**
  - A. Permanent injury to the offender**
  - B. Temporary dysfunction in a targeted area**
  - C. Maximal pain for deterrent effect**
  - D. Reduction of the offender's aggression**
- 5. During ground escapes, what actions are involved to gain space from an attacker?**
  - A. Sprawling and punching**
  - B. Knee strikes and pushing away at the attacker's hips**
  - C. High kicks and elbow strikes**
  - D. Gripping the attacker and rolling**



- 6. In defensive tactics, what does a compliant subject indicate?**
- A. A subject who is willing to submit to authority**
  - B. A subject who is still aggressive but manageable**
  - C. A subject who has surrendered completely**
  - D. A subject who poses no threat**
- 7. What does the premise of the HFRG system prioritize in confrontation management?**
- A. To engage in verbal de-escalation first**
  - B. To establish immediate control over the situation**
  - C. To avoid contact unless absolutely necessary**
  - D. To utilize physical aggression as a first response**
- 8. What is the primary purpose of the Brachial Stun technique?**
- A. To inflict permanent injury on an offender**
  - B. To stop the forward momentum of an aggressive offender**
  - C. To ensure the officer maintains a defensive posture**
  - D. To distract the offender with a loud noise**
- 9. Which factor is critical in ensuring a safe approach to making contact with a subject?**
- A. Utilizing physical strength**
  - B. Maintaining situational awareness**
  - C. Establishing a close relationship**
  - D. Engaging the subject verbally**
- 10. What is the primary purpose of using a knee strike in control techniques?**
- A. To enhance communication**
  - B. To distract and control resistance**
  - C. To immobilize the subject**
  - D. To increase the speed of a takedown**

## **Answers**

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

**1. What may occur as a result of the sudden return to the parasympathetic nervous system?**

- A. Enhanced cognitive reflexes**
- B. PNS blackout**
- C. Memory distortion**
- D. Heightened awareness**

The sudden return to the parasympathetic nervous system can lead to memory distortion due to the way the body processes stress and relaxation. When a person experiences a significant stressor or threat, the sympathetic nervous system is activated, which prepares the body for fight or flight. This activation can result in heightened arousal and focus. However, once the threat is gone and the body transitions back to a state governed by the parasympathetic nervous system, which promotes relaxation and recovery, the abrupt change can disrupt normal cognitive functioning. During this transition, the brain may struggle to reconcile the heightened emotional states experienced during stress with the subsequent calmness, leading to inaccuracies in memory recall or a distorted perception of events. This is particularly relevant in defensive tactics scenarios where individuals may need to process rapid, high-stress encounters. The calming influence of the parasympathetic nervous system can sometimes cloud the clarity of memories formed during the heightened state of anxiety or fear. This phenomenon does not imply a total blackout or loss of consciousness, nor does it enhance cognitive capabilities or awareness; instead, it highlights how the body's physiological responses to stress can interfere with the cognitive processing of experiences.

**2. Where is the Femoral Nerve Motor Point located?**

- A. The inside of the thigh, halfway between the groin and the knee**
- B. The base of the shin, just above the instep**
- C. On the outside of the thigh, about six inches above the knee**
- D. Above the outside of the right knee**

The Femoral Nerve Motor Point is located on the inside of the thigh, approximately halfway between the groin and the knee. This location is significant because the femoral nerve is responsible for innervating the quadriceps muscle, which is crucial for knee extension and overall leg function. Identifying the motor point accurately is essential for various medical and emergency procedures, as well as for understanding the anatomical relationships in the thigh region. The other options describe locations that do not correspond with the anatomical positioning of the femoral nerve motor point, which plays a vital role in motor function for the lower extremity. Understanding the precise location of this motor point assists in both clinical assessments and applications in defensive tactics, where quick and accurate identification of nerve points may be required for control techniques or in emergency situations.

### **3. Why is it important to maintain the reactionary gap during arrests?**

- A. To prevent verbal confrontations**
- B. To allow for distance to react to sudden movements**
- C. To minimize the need for excessive force**
- D. To ensure backup has time to arrive**

Maintaining the reactionary gap during arrests is crucial because it allows an officer to have sufficient distance to react to sudden movements made by a suspect. This space provides a buffer zone, enabling the officer to assess the situation and respond appropriately to any unexpected actions. For example, if a suspect makes a sudden move towards a weapon or attempts to flee, the officer who has maintained an adequate reactionary gap will have more time to respond effectively, whether that means taking evasive action, adjusting their own position, or employing defensive tactics. This principle is central to ensuring both the safety of the officer and the suspect during potentially volatile encounters. In contrast, while the other options touch on important aspects of police work and safety, they do not directly address the primary importance of maintaining a reactionary gap. Preventing verbal confrontations and minimizing the need for excessive force can be influenced by many factors beyond just distance, while ensuring backup has time to arrive is more about tactical coordination than immediate response capabilities. The essence of the reactionary gap lies in the immediate reaction and the ability to maintain control over an unpredictable situation, which is best facilitated by having that extra space.

### **4. What does the HFRG Nerve Motor Point Target System aim to achieve?**

- A. Permanent injury to the offender**
- B. Temporary dysfunction in a targeted area**
- C. Maximal pain for deterrent effect**
- D. Reduction of the offender's aggression**

The HFRG Nerve Motor Point Target System is designed to achieve temporary dysfunction in a targeted area. This approach focuses on immobilizing or incapacitating an individual without causing permanent harm. By targeting specific nerve motor points, the system aims to disrupt the normal function of muscles or limbs, effectively rendering the offender temporarily unable to continue aggressive actions or movements. This is important in defensive tactics as it allows law enforcement and security personnel to control a situation with minimal injury, prioritizing the safety of both the officer and the subject. The intent is to temporarily incapacitate rather than inflict severe or lasting damage, which aligns with the principles of using force in a controlled and measured manner. This method helps maintain ethical standards and can reduce potential liabilities that might arise from causing permanent injuries.

**5. During ground escapes, what actions are involved to gain space from an attacker?**

**A. Sprawling and punching**

**B. Knee strikes and pushing away at the attacker's hips**

**C. High kicks and elbow strikes**

**D. Gripping the attacker and rolling**

Gaining space from an attacker during ground escapes is crucial for regaining a more favorable position or escaping a dangerous situation. The action involving knee strikes coupled with pushing away at the attacker's hips is effective as it creates distance, making it harder for the attacker to maintain control. By striking with the knees, you can disrupt the attacker's balance and focus, while pushing away from their hips helps create space needed for an escape. This combination allows you to protect yourself while effectively countering the aggressor's positioning. Other methods listed, while potentially useful in different contexts, may not specifically target both the immediate need for space and the disruption of the attacker's control as effectively as the selected answer.

**6. In defensive tactics, what does a compliant subject indicate?**

**A. A subject who is willing to submit to authority**

**B. A subject who is still aggressive but manageable**

**C. A subject who has surrendered completely**

**D. A subject who poses no threat**

A compliant subject indicates a person who is willing to submit to authority. This means they are cooperating with law enforcement or security personnel and are likely to follow instructions without resistance. Such cooperation is critical in defensive tactics because it allows for a safer and more controlled interaction, reducing the risk of escalation into a physical confrontation. In this context, understanding a compliant subject is crucial for officers and personnel as they assess the situation. A compliant subject is often easier to manage, allowing for a de-escalation of tension and an opportunity to resolve the situation peacefully. The other options describe various degrees of non-compliance or different states of threat perception. They frame the subject in ways that suggest aggression, partial compliance, or a lack of threat, which do not align with the definition of being compliant.

**7. What does the premise of the HFRG system prioritize in confrontation management?**

- A. To engage in verbal de-escalation first**
- B. To establish immediate control over the situation**
- C. To avoid contact unless absolutely necessary**
- D. To utilize physical aggression as a first response**

The HFRG system emphasizes establishing immediate control over a situation as a crucial aspect of confrontation management. This priority is rooted in the understanding that maintaining control can significantly reduce the potential for escalation, ensuring the safety of both the practitioner and others involved. By asserting control right away, practitioners can manage the dynamics of the confrontation effectively, which promotes a safer and more stable environment for resolution. Establishing control does not disregard the significance of other skills, such as verbal de-escalation or the avoidance of unnecessary contact, but it does highlight the necessity of addressing threats decisively should they arise. This approach aligns with the overarching goal of maintaining safety while managing confrontations in a way that minimizes harm and chaos. In contrast, prioritizing verbal de-escalation might not be sufficient in situations where immediate threats are present, and relying on physical aggression as a first response is counterproductive to the HFRG principles, which focus on control rather than aggression. Avoiding contact altogether might lead to missed opportunities to manage escalating tensions effectively. Therefore, the priority on establishing immediate control is crucial for effective confrontation management.

**8. What is the primary purpose of the Brachial Stun technique?**

- A. To inflict permanent injury on an offender**
- B. To stop the forward momentum of an aggressive offender**
- C. To ensure the officer maintains a defensive posture**
- D. To distract the offender with a loud noise**

The primary purpose of the Brachial Stun technique is to stop the forward momentum of an aggressive offender. This technique involves delivering a strike to the brachial plexus region of the neck, which can temporarily incapacitate the individual, effectively halting any aggressive actions they may be taking. The intention behind this technique is to create an opportunity for the officer to gain control over the situation without resorting to lethal force or causing significant long-term harm. Utilizing the Brachial Stun is particularly relevant in situations where an officer needs to quickly and effectively neutralize a threat while ensuring their own safety and the safety of bystanders. This technique is designed to incapacitate for a brief moment, allowing for de-escalation and arrest procedures to be enacted in a more controlled manner.



**9. Which factor is critical in ensuring a safe approach to making contact with a subject?**

- A. Utilizing physical strength**
- B. Maintaining situational awareness**
- C. Establishing a close relationship**
- D. Engaging the subject verbally**

Maintaining situational awareness is vital when approaching a subject, as it allows an individual to continuously assess and respond to potential threats in the environment. By being aware of the surroundings, possible escape routes, and the behavior of the subject, a person can make informed decisions that prioritize safety for themselves and others. Situational awareness involves being attentive to visual cues, sounds, and the overall atmosphere, enabling an individual to predict how the subject may react. This proactive stance helps in recognizing any escalating behaviors or external factors that could pose a risk, facilitating a more cautious and strategic method of engagement. While engaging the subject verbally might help in establishing rapport and de-escalating a situation, it is not as fundamental as situational awareness in ensuring safety. Similarly, relying solely on physical strength or the establishment of a close relationship does not equip an individual to effectively manage dynamic and potentially dangerous encounters.

**10. What is the primary purpose of using a knee strike in control techniques?**

- A. To enhance communication**
- B. To distract and control resistance**
- C. To immobilize the subject**
- D. To increase the speed of a takedown**

The primary purpose of using a knee strike in control techniques is to distract and control resistance. Knee strikes are effective in inflicting sudden, targeted pain, which can disrupt a subject's focus and ability to resist. This momentary distraction can create an opportunity for an officer to gain control over the situation, enabling them to apply further defensive tactics or secure the subject without escalating the confrontation. The knee strike serves as a tool to incapacitate by targeting vulnerable areas of the body, thereby reducing the subject's ability to continue resisting or engaging physically. This approach allows for a more tactical and controlled response, aligning with the broader goals of de-escalation and maintaining authority in potentially dangerous encounters. Other options, while they may have their own relevance in different contexts of defensive tactics, do not capture the specific function and strategic application of the knee strike in the context of controlling resistance.

## 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://hfrgdefensivetactics.examzify.com>**

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