

# HFRG 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**

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- 1. Identify a principle of effective handcuffing.**
  - A. Always use a second officer**
  - B. Ensure the subject's hands are restrained securely**
  - C. Complete the process as quickly as possible**
  - D. Use the minimum amount of force necessary**
- 2. What is the optimal BPM range for survival and combat performance?**
  - A. 85 to 105 BPM**
  - B. 115 to 145 BPM**
  - C. 145 to 175 BPM**
  - D. 175 to 205 BPM**
- 3. What term refers to maintaining a safe distance during field contact or felony arrests?**
  - A. Reactionary Gap**
  - B. Safety Barrier**
  - C. Engagement Distance**
  - D. Control Zone**
- 4. Which law states that performance will deteriorate as stress increases?**
  - A. The Inverted U Law**
  - B. The Stress Performance Law**
  - C. The Anxiety Control Law**
  - D. The Arousal Performance Theory**
- 5. When should a proper searching procedure be conducted?**
  - A. Before handcuffing**
  - B. After the subject is handcuffed**
  - C. Only if the subject is uncooperative**
  - D. During transport**

**6. Which of the following is an example of a soft technique?**

- A. Joint locks**
- B. Verbal commands**
- C. Pepper spray**
- D. Pressure points**

**7. What procedure is almost universally accepted after a subject is handcuffed?**

- A. Interviewing the subject**
- B. Conducting a search**
- C. Transporting the subject**
- D. Taking photographs**

**8. What does "Release and Stun" entail in the weapon retention process?**

- A. Establishing control and then stunning the subject**
- B. Letting go of the weapon completely**
- C. Using verbal commands to gain compliance**
- D. Focusing solely on escape**

**9. What role does feedback play in improving defensive tactics performance?**

- A. It helps identify areas for improvement**
- B. It promotes a sense of competition among officers**
- C. It allows officers to ignore weaknesses**
- D. It complicates training procedures**

**10. What is a primary goal for employing the use of force?**

- A. To demonstrate physical superiority**
- B. To assert authority over the subject**
- C. To minimize harm to all parties involved**
- D. To punish disobedience**

## **Answers**

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

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## **Explanations**

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## 1. Identify a principle of effective handcuffing.

- A. Always use a second officer
- B. Ensure the subject's hands are restrained securely**
- C. Complete the process as quickly as possible
- D. Use the minimum amount of force necessary

A principle of effective handcuffing emphasizes the importance of ensuring that the subject's hands are restrained securely. This is crucial for both the safety of the officer and the individual being handcuffed. When cuffs are applied properly and securely, it minimizes the risk of the individual escaping or using their hands to fight back, thereby reducing the likelihood of injury to all parties involved. Securing the hands effectively also helps maintain control over the situation and allows officers to manage the detainee more efficiently. This principle is foundational in law enforcement practices, as it reflects the responsibilities of officers to use their tools in a manner that is both efficient and safe, ensuring that the individual cannot interfere with the process of arrest or potentially harm anyone. While the other principles are important — such as using minimal force and ensuring the presence of another officer for added safety — the act of securely restraining the hands takes precedence in establishing control. Thus, this principle directly addresses the primary goal of handcuffing: to ensure safe and effective restraint.

## 2. What is the optimal BPM range for survival and combat performance?

- A. 85 to 105 BPM
- B. 115 to 145 BPM**
- C. 145 to 175 BPM
- D. 175 to 205 BPM

The optimal BPM (beats per minute) range for survival and combat performance is typically between 115 to 145 BPM. This range is considered effective because it supports physical activities that require moderate to high levels of exertion while still allowing for mental clarity and decision-making. At this BPM, individuals can maintain their stamina, engage effectively in tactical movements, and react appropriately to dynamic situations. This balance is crucial in survival scenarios where both physical capability and cognitive function are paramount. Higher BPMs, such as those in the ranges above, can lead to fatigue and decreased cognitive processing, which are not ideal for sustaining performance in combat situations. Conversely, lower BPMs may not sufficiently prepare the body for the demands of intense physical exertion found in high-stress environments. Thus, the range of 115 to 145 BPM is optimal for ensuring readiness and effectiveness in both physical and mental aspects during critical situations.

**3. What term refers to maintaining a safe distance during field contact or felony arrests?**

- A. Reactionary Gap**
- B. Safety Barrier**
- C. Engagement Distance**
- D. Control Zone**

The term that refers to maintaining a safe distance during field contact or felony arrests is known as the Reactionary Gap. This concept is vital in law enforcement and defensive tactics as it emphasizes the importance of space between an officer and a potential threat. The Reactionary Gap allows for a buffer zone that provides the officer with time to react to any sudden movements or aggressive actions from a suspect. Maintaining this distance is crucial in ensuring officer safety and gives them the opportunity to assess the situation effectively. It helps in making informed decisions regarding use-of-force options, communication with the subject, and de-escalation techniques. The presence of a Reactionary Gap can significantly reduce the likelihood of an unexpected attack and afford officers a tactical advantage in managing potentially dangerous encounters.

**4. Which law states that performance will deteriorate as stress increases?**

- A. The Inverted U Law**
- B. The Stress Performance Law**
- C. The Anxiety Control Law**
- D. The Arousal Performance Theory**

The Inverted U Law is a key concept in understanding the relationship between stress and performance. This law posits that there is an optimal level of arousal or stress for peak performance, represented as an inverted U-shaped curve. As stress levels rise from a low point, performance improves to a certain extent, but after reaching an optimal point, further increases in stress can lead to a decline in performance. This phenomenon is particularly relevant in high-stakes environments where individuals may experience varying levels of stress, affecting their ability to perform effectively. The other options relate to aspects of performance and stress but do not encapsulate this specific relationship as clearly as the Inverted U Law. Therefore, it stands out as the most accurate representation of how performance can fluctuate with increasing levels of stress.

## 5. When should a proper searching procedure be conducted?

- A. Before handcuffing
- B. After the subject is handcuffed**
- C. Only if the subject is uncooperative
- D. During transport

A proper searching procedure should be conducted after the subject is handcuffed to ensure both the safety of the officer and the integrity of the search process. Handcuffing a subject restricts their movement, significantly reducing the risk of injury to both the officer and the subject during the search. Conducting the search while the subject is in handcuffs minimizes the chance of the subject accessing weapons, tools, or contraband that could potentially pose a threat. This order of operations is also consistent with best practices and training protocols in law enforcement. Searching a subject before handcuffing can be dangerous, as the subject may still have the ability to resist or escape. Conducting a search only when the subject is uncooperative does not account for the need for safety and thoroughness, and searching during transport can lead to missed opportunities for careful, systematic examination of the subject's belongings or person when they can be properly secured.

## 6. Which of the following is an example of a soft technique?

- A. Joint locks
- B. Verbal commands**
- C. Pepper spray
- D. Pressure points

Verbal commands are considered a soft technique because they rely on communication and psychological influence rather than physical force. By using verbal commands effectively, an individual can de-escalate a situation, gain control, or encourage compliance from a subject without resorting to physical contact. This approach prioritizes safety and may help prevent escalation into a more confrontational scenario. In contrast, other techniques like joint locks, pepper spray, and pressure points are categorized as hard techniques. These involve physical manipulation of the body or the use of physical deterrents to achieve compliance or control over a situation. While they can be effective in certain circumstances, they also carry a higher risk of injury and can escalate the situation rather than resolving it through communication. Thus, verbal commands serve as a foundational method in defensive tactics, allowing for resolution through dialogue.

## 7. What procedure is almost universally accepted after a subject is handcuffed?

- A. Interviewing the subject**
- B. Conducting a search**
- C. Transporting the subject**
- D. Taking photographs**

After a subject has been handcuffed, conducting a search is an essential procedure that is almost universally accepted. This step is critical for a number of reasons. Primarily, it ensures the safety of law enforcement personnel and the public by reducing the risk of concealed weapons or dangerous items that could be used by the subject. A thorough search helps to identify any potential threats, such as firearms, knives, or illegal substances, which could pose a risk during transport or while the subject is in custody. Additionally, searching the individual allows for the documentation of items that may later be pertinent to an investigation, ensuring that evidence is handled and recorded properly. This not only supports legal processes but also protects the rights of the subject by providing a clear account of what was found upon their apprehension. By routinely incorporating a search after handcuffing, law enforcement agencies adhere to standardized procedures that promote both officer safety and procedural integrity.

## 8. What does "Release and Stun" entail in the weapon retention process?

- A. Establishing control and then stunning the subject**
- B. Letting go of the weapon completely**
- C. Using verbal commands to gain compliance**
- D. Focusing solely on escape**

"Release and Stun" in the weapon retention process refers to the technique where an individual first establishes control over the situation and then employs a stunning tactic against the subject. This method is designed to neutralize a threat while maintaining hold of your weapon or regaining control over it. The initial step involves establishing control, which is crucial for ensuring that the subject does not gain an advantage. Once control is established, the "stun" aspect comes into play, which could involve delivering a quick strike or distraction to incapacitate the subject momentarily. This approach helps in maintaining tactical advantage rather than escalating the situation or leading to potential loss of the weapon. Other options present techniques that do not align with the comprehensive strategy of "Release and Stun." For instance, letting go of the weapon completely does not support weapon retention. Similarly, simply relying on verbal commands without a physical component may not be effective in situations where compliance is not forthcoming. Focusing solely on escape would also stray from the intention of retaining control over the weapon. The correct answer encapsulates the necessary coordination of control and tactical engagement to effectively retain a weapon during a confrontation.

## 9. What role does feedback play in improving defensive tactics performance?

- A. It helps identify areas for improvement**
- B. It promotes a sense of competition among officers**
- C. It allows officers to ignore weaknesses**
- D. It complicates training procedures**

Feedback is critical in enhancing defensive tactics performance as it provides valuable insights into an individual's strengths and weaknesses. When officers receive constructive feedback during training sessions, they can pinpoint specific areas that require further development. This process fosters a better understanding of the techniques and strategies being employed, allowing officers to refine their skills effectively. In addition to identifying areas for improvement, feedback encourages continual learning and adaptation, which are vital components of effective defensive tactics training. It helps shape a more competent officer who can respond more effectively in high-pressure situations by addressing skill gaps and optimizing performance based on real-time evaluations. This ongoing cycle of receiving and applying feedback contributes significantly to mastering the necessary skills in defensive tactics.

## 10. What is a primary goal for employing the use of force?

- A. To demonstrate physical superiority**
- B. To assert authority over the subject**
- C. To minimize harm to all parties involved**
- D. To punish disobedience**

The primary goal of employing the use of force is to minimize harm to all parties involved. This principle is central to the ethical and responsible application of force in defensive tactics. When force is necessary, it is intended to be used in a way that protects not only the individual who may be posing a threat but also any nearby innocent parties and the individuals who may be applying the force, such as law enforcement officials or security personnel. Minimizing harm encompasses several factors: using only the level of force necessary to control a situation, ensuring that actions taken are proportionate to the threat faced, and striving to de-escalate situations whenever possible. By prioritizing the reduction of harm, practitioners can foster safer environments and uphold the integrity of their duties. Using force to demonstrate physical superiority, assert authority, or punish disobedience runs contrary to the ethical standards expected in defensive tactics, which emphasize judgment, restraint, and the principle of necessity in the use of force. Prioritizing harm reduction aligns with the overall objectives of public safety and justice, ensuring that the application of force is both justified and responsible.

# 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!**

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