

Staff Sergeant (SSgt) Vanguard-1 Practice Exam (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. In the grounded scenario, which of the following describes knee control progressing to arm wrap?**
 - A. Arm bar from back**
 - B. Head and arm control**
 - C. Hip toss**
 - D. Knee control to arm wrap**

- 2. Which description matches the guard position when breaking the guard using a rib-cage body scissor?**
 - A. The officer has escaped the subject's mount by bridging and rolling the subject over. The subject tries to break officer's rib by applying body scissors to the officer's rib cage. The body scissor is called the guard position**
 - B. The subject is on his knees beside and choking the officer with two hands.**
 - C. The officer is on his back after being tackled to the ground and the subject is punching at the officer's head from between the officer's legs.**
 - D. The subject is lying across the officer side holding the officer down on the ground.**

- 3. Which scenario would most likely use Bridge & Roll Escape?**
 - A. Bridge & Roll Escape**
 - B. The Hip Drill Retreat**
 - C. The Forward Block Sweep**
 - D. Breaking the Guard**

- 4. Which technique is commonly used to bring a standing back-control suspect to the ground by applying a hook action?**
 - A. The Hook & Drive Take-down (Head, Heimlich, Hook)**
 - B. Arm Wrap to Back Control Following Side Headlock Escape**
 - C. The Arm Crank From Back Control**
 - D. Counter Arm Wrap**

- 5. When facing a Mount Headlock, which escape is recommended?**
- A. The Forward Block Sweep**
 - B. The Hip Drill Retreat**
 - C. Bridge & Roll Escape**
 - D. Breaking the Guard**
- 6. How is unit training readiness typically measured?**
- A. Through drills, certifications, and assessments that demonstrate mission capability.**
 - B. By number of hours spent training.**
 - C. By supervisor personal opinions.**
 - D. By external accolades.**
- 7. A Throat Grab from the Side with suspect and officer on the ground: which escape is recommended?**
- A. Bridge & Roll Escape**
 - B. The Forward Block Sweep**
 - C. The Hip Drill Retreat (Weapon Side Up)**
 - D. Breaking the Guard**
- 8. After the suspect places the officer in a side headlock on the ground, which technique is used to regain control?**
- A. Knee Control**
 - B. The Hip Drill Retreat from Back Control**
 - C. Arm Wrap to Back Control Following Side Headlock Escape**
 - D. The Arm Crank From Back Control**
- 9. Which element is represented by the Lever Arm in the Conflict Lever model?**
- A. Officer's Actions**
 - B. Fulcrum**
 - C. Preparation**
 - D. Seizure**

10. Which description matches breaking the guard?

- A. The officer has escaped the subject's mount by bridging and rolling the subject over. The subject tries to break officer's rib by applying body scissors to the officer's rib cage. The body scissor is called the guard position**
- B. The subject is on his knees beside and choking the officer with two hands.**
- C. The officer is on his back and the subject is lying across the officer side holding the officer down on the ground.**
- D. The subject is trying to escape the officer back control by turning to face the officer.**

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Answers

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

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Explanations

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1. In the grounded scenario, which of the following describes knee control progressing to arm wrap?

- A. Arm bar from back**
- B. Head and arm control**
- C. Hip toss**
- D. Knee control to arm wrap**

In grounded grappling, control often begins with securing the lower body to pin the opponent's base, then steps up to control the upper body. Starting with knee control disrupts the opponent's hips and mobility, making it hard for them to post or escape. From there, switching to an arm wrap—bringing the arm across and securing it against your body—locks in upper-body control, limits their movement, and sets up further actions like passing or finishing. This progression from knee control to arm wrap directly describes the intended sequence. The other options describe different techniques or positions—an arm bar from back is a finishing move from a different position, head and arm control references a different grip setup, and a hip toss is a standing throw rather than a grounded progression.

2. Which description matches the guard position when breaking the guard using a rib-cage body scissor?

- A. The officer has escaped the subject's mount by bridging and rolling the subject over. The subject tries to break officer's rib by applying body scissors to the officer's rib cage. The body scissor is called the guard position**
- B. The subject is on his knees beside and choking the officer with two hands.**
- C. The officer is on his back after being tackled to the ground and the subject is punching at the officer's head from between the officer's legs.**
- D. The subject is lying across the officer side holding the officer down on the ground.**

Guard is the position where the person on the bottom uses their legs to wrap around the opponent's torso, controlling hips and limiting the top fighter's movement while looking for a way to escape or improve position. In this scenario, the officer has just escaped the mount by bridging and rolling the subject over, and the subject is now applying a rib-cage body scissor to control the officer from the bottom. That rib-cage scissor around the top's torso is a textbook way to establish guard, using the legs to pin and constrain from below. The other descriptions depict different setups that don't represent the bottom-guard control.

3. Which scenario would most likely use Bridge & Roll Escape?

- A. Bridge & Roll Escape
- B. The Hip Drill Retreat
- C. The Forward Block Sweep
- D. Breaking the Guard**

Bridge & Roll Escape is about using a strong hip bridge to unbalance your opponent and roll them off you, producing an opening when you're being controlled from the bottom. The motion disrupts the other person's grip and base, which is exactly what you need to free your legs and create space. When someone has you in a guard setup, that guard's structure holds you down and blocks your escape; applying a powerful bridge shifts their center of gravity and rolls them away, breaking that guard posture and letting you pass or recover your own guard. So, the scenario that aligns most with this escape is when you're trying to break the opponent's guard—to disrupt their control, open space, and move toward a more favorable position. The other options describe different drills or techniques that don't directly capture the purpose of this escape, which is to defeat the guard's stability and create a passage.

4. Which technique is commonly used to bring a standing back-control suspect to the ground by applying a hook action?

- A. The Hook & Drive Take-down (Head, Heimlich, Hook)**
- B. Arm Wrap to Back Control Following Side Headlock Escape
- C. The Arm Crank From Back Control
- D. Counter Arm Wrap

When you have someone in standing back control, the goal is to off-balance them while you stay behind and keep control of their upper body. A hook-based takedown uses a deliberate hooking action to disrupt their base and pull them toward you, setting up a smooth transition to the ground. The hook creates a lever: you secure a limb or anchor around a part of their body, which taps into their momentum and makes their weight shift toward the ground. As you apply the hook, your body positioning—especially keeping the head controlled and your hips aligned—drives them downward without breaking your grip. This combination lets you drop them to the ground while you maintain control from behind, which is safer and easier to keep on lockdown than trying to force the takedown without that hooked connection. This approach is favored in this context because it enables a quick, decisive transition from standing back control to ground control, minimizing opportunities for the suspect to break free or turn toward you. Other sequences focus more on escapes or different control transitions and don't leverage the same effective hook-driven off-balancing that preserves control through the drop.

5. When facing a Mount Headlock, which escape is recommended?

- A. The Forward Block Sweep**
- B. The Hip Drill Retreat**
- C. Bridge & Roll Escape**
- D. Breaking the Guard**

When you're in a Mount Headlock, the priority is to stop the neck control and shift yourself into a safer, more neutral position. The Bridge & Roll Escape does this most directly: you drive your hips up into a strong bridge to unbalance the top person, then roll to your side and bring your legs in to recover guard or at least get back to a less vulnerable position. This uses their forward pressure against them and doesn't rely on raw strength, which helps you escape even when you're pinned. As you bridge, tuck your chin and keep a defensive frame with your hands to protect your neck, so you prevent the choke while you sweep them off and end up in a better position. The other options don't address the headlock from the top as effectively. A move intended to sweep from a different bottom position or a top action that aims to break the guard doesn't specifically counter the neck control or recover guard as cleanly from this setup, whereas bridging and rolling directly disrupts the headlock and creates the path to safety.

6. How is unit training readiness typically measured?

- A. Through drills, certifications, and assessments that demonstrate mission capability.**
- B. By number of hours spent training.**
- C. By supervisor personal opinions.**
- D. By external accolades.**

Readiness is demonstrated through tangible performance, not just time spent. The best measure is showing you can actually carry out the unit's mission by going through drills, earning the necessary certifications, and passing objective assessments that test your ability to execute tasks under expected conditions. Hours logged alone don't guarantee proficiency or readiness, because they don't guarantee that critical tasks are mastered, retained, or validated under realistic scenarios. Supervisors' opinions and external accolades can provide useful context, but they don't offer the objective proof of mission capability that drills and certifications provide. So, readiness is about proven performance and validated skills, not simply the amount of training time.

7. A Throat Grab from the Side with suspect and officer on the ground: which escape is recommended?

- A. Bridge & Roll Escape**
- B. The Forward Block Sweep**
- C. The Hip Drill Retreat (Weapon Side Up)**
- D. Breaking the Guard**

When you're tied up in a side throat grab with both of you on the ground, the priority is to create immediate space while keeping your weapon side protected. The Hip Drill Retreat with the weapon side up fits this need best. It uses a hip-driven retreat to shift your weight away from the threat, which disrupts the attacker's grip and makes it much harder for them to maintain control. Keeping the weapon side up protects your protective lines and maintains readiness to respond to any further threat, while also helping you maintain balance and posture so you can transition to a safer position. This approach quickly breaks the hold without overreaching or compromising your weapon, giving you room to stand or disengage. Other options tend to trade speed or control for different motions. Bridge and roll can be unpredictable from a side neck grab on the ground and can put you at risk of losing balance or allowing the attacker to tighten their grip. A forward block sweep might expose you to the possibility of the attacker regrabbing or shifting their weight into you, and breaking the guard is less about creating the immediate space needed to escape a neck grab on the ground and more about disengaging from a confined hold.

8. After the suspect places the officer in a side headlock on the ground, which technique is used to regain control?

- A. Knee Control**
- B. The Hip Drill Retreat from Back Control**
- C. Arm Wrap to Back Control Following Side Headlock Escape**
- D. The Arm Crank From Back Control**

When facing a side headlock on the ground, the priority is to escape that headlock and immediately move into a position that offers solid control. Escaping the headlock frees you from the immediate danger and reduces the risk of injury to your neck or airway. Once freed, wrapping the arm to establish back control secures the upper body, limits the suspect's ability to strike or grab, and puts you in a safer, more stable position from which to control them. This sequence—escape the headlock, then wrap the arm to achieve back control—is the best choice because it directly resolves the immediate threat and immediately improves officer safety and control. The other options don't address both parts of the problem: regaining control after the headlock and securing a dominant position from the back. Knee Control focuses on legs rather than establishing upper-body control; retreating from back control is about getting away from back control rather than achieving it after escaping a headlock; and an arm crank from back control is a high-risk manipulation not appropriate as the initial step after escaping a headlock.

9. Which element is represented by the Lever Arm in the Conflict Lever model?

- A. Officer's Actions**
- B. Fulcrum**
- C. Preparation**
- D. Seizure**

The lever arm represents the officer's actions in the Conflict Lever model. In this analogy, the lever arm is the part you actively apply to influence the situation—the decisions you make in the moment about how to speak, stance, distance, and the techniques you use to de-escalate, control, or intervene. The effect of the lever arm comes from how you choose to act: clear communication, appropriate pacing, and calibrated use of force or restraints, all guided by training and policy. These deliberate actions push the conflict in a desired direction, translating your intent into real change in the interaction. Think of the fulcrum as the fixed pivot point that the lever rotates around, while preparation is what you do beforehand to set yourself up for effective action. Seizure would be an outcome that can result from the interaction, not the lever arm itself. The key idea is that the lever arm is the dynamic, actionable element you control in real time.

10. Which description matches breaking the guard?

- A. The officer has escaped the subject's mount by bridging and rolling the subject over. The subject tries to break officer's rib by applying body scissors to the officer's rib cage. The body scissor is called the guard position**
- B. The subject is on his knees beside and choking the officer with two hands.**
- C. The officer is on his back and the subject is lying across the officer side holding the officer down on the ground.**
- D. The subject is trying to escape the officer back control by turning to face the officer.**

Breaking the guard means escaping the bottom guard and moving to a more dominant position. In this scenario, the officer uses a bridge and roll to flip the subject over, which disrupts the subject's guard and shifts control to the officer on top. The description also notes the subject applying a body scissors around the officer's rib cage, which is a common guard technique the bottom player uses to control the top. Seeing the officer escape from that control and end up on top is exactly what breaking the guard looks like in practice. The other situations described involve different positions or actions that don't illustrate the top defeating or passing the bottom's guard.

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://ssgtvanguard1.examzify.com>

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

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