

STAFF SERGEANT (SSGT) VANGUARD-1 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. An Enlisted Performance Report (EPR) documents which aspects of a subordinate?**
 - A. Performance, potential, and suitability for promotion and assignments
 - B. Performance, discipline records, and attendance
 - C. Attendance and certifications
 - D. Performance and potential only
- 2. Rear Bear Hug (Under the Arm) is escaped by which technique?**
 - A. Hammer & Bar
 - B. The Shovel Under Escape
 - C. Hip Push Escape
 - D. Push Bar
- 3. Which description matches the hammer and bar escape?**
 - A. The subject has attacked the officer with a rear bear hug under the arms.
 - B. The subject has attacked the officer with a rear bear hug over one or both arms.
 - 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 attempting to escape the officer back control by rolling over.
- 4. From a wide-grip throat grab, which escape is appropriate?**
 - A. The Weave Under
 - B. The Duck Out
 - C. The Sit Down Sweep
 - D. Standing Arm Bar
- 5. From a rear headlock, which action transitions you to forward control?**
 - A. Step Behind & Push Bar
 - B. Hip Thrust to Back Control
 - C. The Peel Away
 - D. The Weave Under

- 6. What is the purpose of applying time management techniques in Air Force tasks?**
- A. To stretch work longer.
 - B. To complicate schedules.
 - C. To maximize productivity, meet deadlines, and maintain balance among duties.
 - D. Oops
- 7. When the suspect resists knee control by turning away and places a hand around the officer's neck, which transition is used?**
- A. Knee Control to Arm Wrap
 - B. Arm Wrap to Back Control Following Side Headlock Escape
 - C. The Arm Crank From Back Control
 - D. The Hook & Drive Take-down
- 8. If the suspect is lying on the ground after attacking and remains combative, which control is applied?**
- A. The Arm Crank From Back Control
 - B. Knee Control
 - C. Alternating Knee Control
 - D. The Hip Drill Retreat from Back Control
- 9. What is the purpose of a backbrief to a supervisor after completing a task?**
- A. To confirm results, communicate outcomes, and align on next steps or follow-up actions.
 - B. To request additional resources unrelated to the task.
 - C. To review unrelated tasks.
 - D. To decorate the report with charts.
- 10. How should a SSgt handle confidential information to prevent disclosure?**
- A. Share with all subordinates.
 - B. Store only digitally.
 - C. Use need-to-know access, secure handling, and proper disposal procedures.
 - D. Keep all information publicly available.

Answers

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

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Explanations

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1. An Enlisted Performance Report (EPR) documents which aspects of a subordinate?

- A. Performance, potential, and suitability for promotion and assignments**
- B. Performance, discipline records, and attendance
- C. Attendance and certifications
- D. Performance and potential only

An Enlisted Performance Report concentrates on how well a subordinate performs their duties, their potential for higher responsibilities, and their suitability for promotion and assignments. The performance aspect captures how effectively they meet job standards, including quality of work, reliability, and leadership in daily duties. The potential piece looks at their capacity to handle more responsibility, develop others, and prepare for advanced roles. Suitability for promotion and assignments evaluates whether they are ready for advancement and for positions that demand greater scope and accountability. This combination is the best fit because it directly informs current performance and future readiness, which are the key factors commanders use for advancement and placement decisions. Discipline records or attendance alone don't define the scope of what an EPR assesses, though attendance or conduct can influence overall evaluations if they impact performance.

2. Rear Bear Hug (Under the Arm) is escaped by which technique?

- A. Hammer & Bar**
- B. The Shovel Under Escape
- C. Hip Push Escape
- D. Push Bar

In this situation the goal is to disrupt the grip quickly and create a clear path to escape. The Hammer & Bar escape does that by combining a compact, close-range strike with a controlling hand position to break the hug and open space. A hammer-fist strike directed to the attacker's grip or forearm delivers a sharp, fast disruption to the hold, which weakens their grip strength in that moment. At the same time, the other hand traps and bars the arm, helping to pry the hug apart and keep their arm from re-gripping you. This combination creates just enough space to rotate offline and slip out to the side, turning a tight rear hug into a controllable exit. Other approaches can be useful in different contexts, but they tend to rely more on pushing or shifting weight without directly breaking the grip as quickly. The shovel-under maneuver focuses on slipping under the arm, the hip push relies on shifting the body's angle from behind, and the push-bar approach emphasizes pushing away rather than immediately breaking the hold. In this specific rear bear hug scenario, the Hammer & Bar sequence addresses the grip first and foremost, making it the most effective path to escape.

3. Which description matches the hammer and bar escape?

- A. The subject has attacked the officer with a rear bear hug under the arms.**
- B. The subject has attacked the officer with a rear bear hug over one or both arms.
- 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 attempting to escape the officer back control by rolling over.

The hammer and bar escape is used to break free from a rear bear hug where the attacker wraps around from behind with arms under your arms. The idea is to quickly disrupt the grip (the "hammer" action) and pry the attacker's arms apart (the "bar" action) to create space and turn into a safer position. That combination specifically applies when the hold is under the arms, making it the best match for the described scenario. The other descriptions describe different situations (a bear hug over the arms, being on the ground with someone punching from between the legs, or trying to escape back control by rolling) and don't fit the hammer and bar mechanics.

4. From a wide-grip throat grab, which escape is appropriate?

- A. The Weave Under
- B. The Duck Out**
- C. The Sit Down Sweep
- D. Standing Arm Bar

From a wide-grip throat grab, the priority is to break the grip and create space so you're not being choked or pulled off balance. The Duck Out does this best by dropping your weight and moving your head and body under the attacker's arm to the outside. As you rotate and step away, the grip on your neck is opened, and you gain a clear path to step out and put distance between you and the threat. This movement disrupts their control quickly and puts you in a safer position to escape or respond. The other options don't tackle the neck grab as effectively: weaving under can take longer and may leave you still caught in the grip; a sit-down sweep assumes you're already lowering yourself or are seated, which isn't applicable in a standing throat grab; a standing arm bar focuses on the arm rather than releasing the grip around your neck, which doesn't address the immediate danger of the choke.

5. From a rear headlock, which action transitions you to forward control?

- A. Step Behind & Push Bar**
- B. Hip Thrust to Back Control
- C. The Peel Away
- D. The Weave Under

From a rear headlock, the quickest path to forward control is stepping behind and pushing the bar. By stepping behind, you create an angle that drops your hips in between you and your opponent, which disrupts their grip and balance. At the same time, pushing the bar — the opponent's near arm across their neck — helps peel their head forward and across your chest, opening space to slide into front control. This combination converts the rear position into a front-on control stance, letting you establish a forward grip and threaten from the front. Hip thrust to back control would keep you behind and aim you toward back control rather than the desired forward position. The peel away is a disengagement that doesn't directly put you into forward control, and the weave under is a different route that changes grips in a manner that doesn't immediately establish the forward control you're targeting.

6. What is the purpose of applying time management techniques in Air Force tasks?

- A. To stretch work longer.**
- B. To complicate schedules.
- C. To maximize productivity, meet deadlines, and maintain balance among duties.
- D. Oops

Time management techniques in Air Force tasks are used to maximize productivity, meet deadlines, and keep responsibilities in balance. By prioritizing what must be done, allocating specific time blocks for each task, and tracking progress, you focus energy on the most important requirements, avoid unnecessary delays, and ensure critical missions stay on schedule. This approach helps maintain readiness across all duties, uses resources efficiently, and reduces stress from last-minute rushes. Stretching work longer undermines efficiency, while complicating schedules adds needless friction to getting things done. The non-meaningful option isn't applicable to real task planning.

7. When the suspect resists knee control by turning away and places a hand around the officer's neck, which transition is used?

A. Knee Control to Arm Wrap

B. Arm Wrap to Back Control Following Side Headlock Escape

C. The Arm Crank From Back Control

D. The Hook & Drive Take-down

The main idea is how to immediately secure a threat when the suspect counters knee control by twisting away and reaching around the officer's neck. In that moment, transitioning from knee control to an arm wrap is the best move because it directly neutralizes the arm that's reaching for the neck. Wrapping the arm across your body traps it, prevents a choke attempt, and keeps you in a stable position to maintain control of the lower body with the knee while you work to reorient and advance to a safer hold or back control. Other transitions assume different cues—like escaping a headlock, moving into back control from a different setup, or executing a takedown—none of which address the immediate danger of a hand around the neck in this specific scenario.

8. If the suspect is lying on the ground after attacking and remains combative, which control is applied?

A. The Arm Crank From Back Control

B. Knee Control

C. Alternating Knee Control

D. The Hip Drill Retreat from Back Control

When a suspect is on the ground after an attack and still combative, the goal is to immobilize and control the torso and legs while keeping your hands free to secure the person. Using knee control achieves this by bringing your knee across the suspect's midsection or hips, creating a stable pin that limits kicking and twisting. This position prevents easy movement and gives you the leverage to handcuff or otherwise restrain the suspect without needing to rely on joint manipulation or retreat maneuvers that aren't aimed at immediate ground control. Arm cranks from back control involve manipulating joints and can escalate risk when the subject is combative, so that isn't appropriate in this scenario. Alternating knee control is a variation that might be used in different circumstances, but the direct, immediate stabilization you need on a grounded, resisting subject is best achieved with a single knee control to pin the torso and maintain safety. The hip drill retreat from back control focuses on repositioning rather than the primary restraint of a combative person on the ground, so it doesn't fit the immediate need here. So, knee control provides the quickest, most stable way to control a grounded, resisting suspect while preserving officer safety and the ability to cuff or further restrain as needed.

9. What is the purpose of a backbrief to a supervisor after completing a task?

- A. To confirm results, communicate outcomes, and align on next steps or follow-up actions.
- B. To request additional resources unrelated to the task.**
- C. To review unrelated tasks.
- D. To decorate the report with charts.

The purpose of a backbrief is to close the loop on a completed task by clearly showing what was done and what it means for the next steps. It centers on confirming results, communicating the outcomes, and lining up follow-up actions with the supervisor. This brief gives the supervisor a concise recap of the task, the actual results, any issues or deviations encountered, and, importantly, who is responsible for the next steps and by when they'll be done. It supports accountability, enables informed decision-making, and helps ensure resources or adjustments are applied where needed. It isn't about asking for unrelated resources, reviewing tasks that aren't connected to what you just finished, or adding decoration to a report. The focus is on the completed work, its impact, and the plan to move forward.

10. How should a SSgt handle confidential information to prevent disclosure?

- A. Share with all subordinates.
- B. Store only digitally.
- C. Use need-to-know access, secure handling, and proper disposal procedures.**
- D. Keep all information publicly available.

Protecting confidential information hinges on limiting access to those who truly need it, handling it securely, and disposing of it properly. Limiting access to those with a legitimate need-to-know prevents unnecessary exposure and reduces risk of disclosure. Secure handling covers how information is stored, transmitted, and used—employing approved devices, strong authentication, encryption when appropriate, and secure storage both physically and digitally. Proper disposal ensures sensitive material is destroyed or purged so it can't be recovered once it's no longer needed. These practices work together to keep information secure and compliant with standards. Sharing with everyone undermines control, keeping everything in digital form without proper safeguards can still leak data, and making information publicly available is an open invitation to disclosure. As an SSgt, you're responsible for enforcing these standards and guiding your team to apply them consistently.

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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