

Staff Sergeant (SSgt) Vanguard Level 2 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. These facts can be observed or measured by others?**
 - A. Objective facts**
 - B. Subjective facts**
 - C. Implied facts**
 - D. Personal biases**

- 2. To determine whether force used was objectively reasonable, what standard do courts consider?**
 - A. The officer's intent at the moment**
 - B. Totality of the circumstances at the time the officer used force**
 - C. The subject's prior history**
 - D. The department policy guidelines**

- 3. Which part of each cuff is inside the cuff where the teeth click on?**
 - A. Cheek plate**
 - B. Swivel**
 - C. Pawl**
 - D. Double lock**

- 4. What is the serrated edge on the single strand of a cuff called?**
 - A. Pawl**
 - B. Teeth**
 - C. Cheek plate**
 - D. Double lock**

- 5. Which part connects the chain to each cuff half?**
 - A. Pawl**
 - B. Swivel**
 - C. Double lock**
 - D. Key way**

- 6. What should you do as you deliver strikes to maximize effectiveness?**
- A. Hold your breath**
 - B. Breath out**
 - C. Inhale deeply**
 - D. Breathe in slowly**
- 7. Which zone begins about 25 feet away from the officer and extends outward?**
- A. Field Interview Zone**
 - B. Personal Contact Zone**
 - C. Field Contact Zone**
 - D. Close Range Zone**
- 8. When searching the subject's body you systematically divide?**
- A. Two**
 - B. Four quadrants**
 - C. Three sections**
 - D. Eight zones**
- 9. Which technique is used for takedown during a Two-On-One encounter when resistance occurs?**
- A. The Two-On-One Takedown**
 - B. The Two-On-One Escort**
 - C. The Hip Drill Retreat**
 - D. The Two-On-One Escort Disengage**
- 10. Which doctrine allows pat-down of the outside of clothing for weapons and seizure of apparent contraband based on contour or mass?**
- A. Plain feel doctrine**
 - B. Plain view doctrine**
 - C. Stop and frisk doctrine**
 - D. Exclusionary rule**

Answers

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

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Explanations

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1. These facts can be observed or measured by others?

- A. Objective facts**
- B. Subjective facts**
- C. Implied facts**
- D. Personal biases**

Facts that can be observed or measured by others are objective facts. Objectivity means the information can be verified by anyone using the same method, independent of who observes it. For example, a thermometer reading, a recorded time, or a measured distance are observable or measurable by others and will be the same no matter who checks them. Subjective facts rely on personal perspective or feelings, like whether a color looks bright to me or whether a meal tastes good to someone. Implied facts aren't directly seen; they're conclusions drawn from evidence. Personal biases are attitudes that color interpretation but aren't facts themselves. Since the scenario highlights what can be observed or measured by others, it points to objective facts as the correct idea.

2. To determine whether force used was objectively reasonable, what standard do courts consider?

- A. The officer's intent at the moment**
- B. Totality of the circumstances at the time the officer used force**
- C. The subject's prior history**
- D. The department policy guidelines**

The concept being tested is that courts assess force as reasonable by looking at the totality of circumstances known to the officer at the moment the force was used. This means judges or juries consider what a reasonable officer on the scene would have done given the facts as they were, not with the benefit of hindsight. The analysis weighs factors like the seriousness of the crime, whether the suspect posed an immediate threat, whether the person was resisting or attempting to flee, and other situational details present at the time. Personal intent or motivation isn't the sole determinant, and the subject's past history isn't the controlling factor for the moment-to-moment decision. While department policies can guide conduct, they don't replace the objective assessment of reasonableness.

3. Which part of each cuff is inside the cuff where the teeth click on?

- A. Cheek plate**
- B. Swivel**
- C. Pawl**
- D. Double lock**

Inside a cuff's locking mechanism, the teeth on the ratchet are engaged by a small lever called the pawl. The pawl sits within the cuff and drops into the teeth to lock the cuff in place; as the mechanism settles, you hear that characteristic click when the pawl seats on a tooth. The other parts have different roles: the cheek plate is part of the outer housing, the swivel is the rotating joint between cuffs, and the double lock is a separate feature that prevents further tightening.

4. What is the serrated edge on the single strand of a cuff called?

- A. Pawl
- B. Teeth**
- C. Cheek plate
- D. Double lock

In mechanisms that use a serrated edge to engage a locking element, that edge is described as teeth. Each little projection acts like a tooth, giving discrete points for a pawl to bite into. This setup lets the mechanism advance in small steps and resist backward movement—the fundamental idea behind ratchets and similar cuffs. The pawl is the lever that catches on these teeth; the cheek plate is simply a support piece, and double lock refers to an additional locking feature. So the serrated edge on the cuff's strand is called teeth.

5. Which part connects the chain to each cuff half?

- A. Pawl
- B. Swivel**
- C. Double lock
- D. Key way

A swivel is the rotating connector that lets the chain attach to each cuff half while allowing full movement without twisting. In a chain-and-cuff setup, the cuffs need to stay oriented to the limb as the wearer moves, and the chain must be able to pivot freely without binding. The swivel provides that pivot point, enabling smooth rotation between the chain and the cuff halves and reducing wear and tangling. The other parts have different roles: a pawl works with a toothed wheel to create ratcheting, not as a linking joint; a double lock is simply a securing mechanism; and a key way is a machined slot for transmitting torque between a shaft and hub, not for connecting a chain to cuff halves.

6. What should you do as you deliver strikes to maximize effectiveness?

- A. Hold your breath
- B. Breathe out**
- C. Inhale deeply
- D. Breathe in slowly

Exhaling on impact is the most effective breathing pattern when delivering strikes. When you breathe out as you strike, your abdominal muscles brace and your torso stays stable, allowing the force generated from your legs and hips to transfer cleanly through your body into the strike. This timing also helps keep oxygen flowing to the working muscles and prevents the dangerous buildup of pressure that happens if you hold your breath. Inhaling deeply or slowly during the strike can disrupt tempo and reduce control, while holding the breath can sap power and endurance. So, letting the breath flow out through the impact maximizes both power and control.

7. Which zone begins about 25 feet away from the officer and extends outward?

- A. Field Interview Zone**
- B. Personal Contact Zone**
- C. Field Contact Zone**
- D. Close Range Zone**

Understanding how far you are from a person during an encounter helps you balance safety with effective communication. The Field Contact Zone refers to the distance at which you begin a formal field contact with someone, starting about 25 feet away and extending outward. In this zone you can observe behavior, communicate clearly, and issue instructions while keeping a safe buffer so you can adjust your position or retreat if needed. It's distinct from closer ranges where interactions become more direct and potentially higher risk, such as close-range or personal contact interactions, and from the field interview range which is typically used for closer, casual questioning. So the field contact zone best fits the description of starting around 25 feet and extending outward.

8. When searching the subject's body you systematically divide?

- A. Two**
- B. Four quadrants**
- C. Three sections**
- D. Eight zones**

The main idea is to cover every part of the body in a repeatable, organized way so nothing gets missed. Dividing the body into four quadrants—left and right on the top, and left and right on the bottom—gives you a clear map to work through: you can systematically move through each section, ensuring you've checked all areas under clothing and accessible folds or pockets. This pattern is quick to learn, easy to communicate to teammates, and reduces the chance of gaps or overlap during a search. It balances thoroughness with efficiency better than broader or more fragmented schemes, which can either miss areas or slow the process down.

9. Which technique is used for takedown during a Two-On-One encounter when resistance occurs?

- A. The Two-On-One Takedown**
- B. The Two-On-One Escort**
- C. The Hip Drill Retreat**
- D. The Two-On-One Escort Disengage**

In a two-on-one scenario, the priority is to quickly neutralize the threat while keeping yourself safe from the second person. When resistance arises, the Two-On-One Takedown is the technique designed for that moment. It centers on gaining control of the arm that's engaging you, stepping into a favorable angle, and using a hip and weight shift to off-balance and bring the resisting attacker to the ground in a controlled way. This drop disrupts the attack and reduces the chance of being overwhelmed by the other attacker, giving you the opportunity to disengage or escort as needed while maintaining protection for yourself. The other options are more about moving or separating rather than stopping the immediate threat with a takedown. Escorts and disengage drills fit scenarios where you're guiding or pulling away without a direct takedown of the opponent. The takedown approach is the appropriate response when resistance requires you to quickly regain control in a two-on-one encounter.

10. Which doctrine allows pat-down of the outside of clothing for weapons and seizure of apparent contraband based on contour or mass?

- A. Plain feel doctrine**
- B. Plain view doctrine**
- C. Stop and frisk doctrine**
- D. Exclusionary rule**

The idea being tested is detecting contraband by touch during a lawful pat-down. Under a Terry stop, an officer may perform a protective frisk to check for weapons. If, during that pat-down, the officer feels an item whose illicit nature is immediately obvious from its contour or mass, the item may be seized without a warrant. This is the plain feel doctrine, established to allow quick seizure of contraband when the authority can identify it by touch alone and without further manipulation. The key is immediacy—the contraband must be recognizable right away, not through extended searching or handling. If the item isn't readily identifiable by feel, the officer should refrain from seizing it. This differs from plain view, which relies on visual detection, and from broader stop-and-frisk or exclusionary-rule concepts, which address different aspects of legality and admissibility.

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://ssgtvanguardlevel2.examzify.com>

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

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