



# SELF DEFENSE TRAINING VIDEO

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_ **Printed Name:** \_\_\_\_\_

This exam is meant to determine your comprehension of the SGM training video titled above. Please read each question carefully and select what you feel is the correct answer. Place an X on the line to the left of your answer. Upon completion of the test, return it to the instructor. You must answer at least 8 questions correctly in order to pass this exam. If you answer less than 8 questions correctly you will be required to be retested.

1. When approaching a non-complying individual after you gave them a verbal command to put their hands on top of their head and they didn't respond, you may have to go hands-on.  
\_\_\_\_\_ True    \_\_\_\_\_ False
2. While walking a prisoner under control and his resistance escalates, you may need to go into a takedown.  
\_\_\_\_\_ True    \_\_\_\_\_ False
3. One high-intensity pressure point is a nerve that runs up and down the inside of the legs calf.  
\_\_\_\_\_ True    \_\_\_\_\_ False
4. If you put pressure on the hamstring it will not have any effect on the prisoner.  
\_\_\_\_\_ True    \_\_\_\_\_ False
5. You've got two choices when you're being attacked: step in or step out.  
\_\_\_\_\_ True    \_\_\_\_\_ False
6. You only have to give verbal direction instructions once.  
\_\_\_\_\_ True    \_\_\_\_\_ False
7. A passive resistant person is someone who is not violent but will not comply to your verbal instructions.  
\_\_\_\_\_ True    \_\_\_\_\_ False
8. The baton should only be used against somebody that is an active aggressor.  
\_\_\_\_\_ True    \_\_\_\_\_ False
9. When using the baton never strike the muscled mass.  
\_\_\_\_\_ True    \_\_\_\_\_ False
10. If somebody comes up behind you and grabs you in a bear hug our lock down immediately drop your center and then begin using techniques to break the hold.  
\_\_\_\_\_ True    \_\_\_\_\_ False

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Time Completed: \_\_\_\_\_ Score: \_\_\_\_\_

Corrected by: \_\_\_\_\_



## Self Defense Answer Key

Question #	Answer
1	True
2	True
3	True
4	False
5	True
6	False
7	True
8	True
9	False
10	True