

52S Foundational Training Course 1

WRITTEN EXAM

- 1) In order for your training to be effective under duress, which of the following must be observed?
 - a) You must train progressively
 - b) Get evaluated regularly-correct where needed-retain the material
 - c) Pressure test yourself with live scenario training
 - d) All of the above

- 2) The number one tool you have in your self-defense toolbox is:
 - a) Your Cane
 - b) Firearm
 - c) Awareness
 - d) Cell phone

- 3) The advantage your assailant will always have over you is:
 - a) He's bigger, stronger, faster
 - b) Weapons
 - c) He has extensive combative training
 - d) He controls the time, place, and method of attack

- 4) The anatomy of an attack can be broken down into:
 - a) confrontation-initiation-application
 - b) verbal assault-physical application
 - c) awareness, alarm, action
 - d) eye contact-verbalization-action

- 5) When confronted with a real life attack most people will:
 - a) Panic
 - b) Be in denial
 - c) Freeze/feel paralyzed
 - d) All of the above

- 6) In a Real life attack you can generally rely on:
- a) Law enforcement to intervene
 - b) Spectators to help you out
 - c) Your friends or family to intervene and save you
 - d) Yourself and your skill set
- 7) The most overlooked physical component of Cane self-defense as one prepares to defend is:
- a) proper foot placement
 - b) footwork
 - c) chocking up on the cane (transitioning from carry mode to defense)
 - d) power comes from the hips
- 8) In the ACSD system, developing PSA with your Cane refers to:
- a) power-speed-accuracy
 - b) precision-speed-accuracy
 - c) power-smoothness-accuracy
 - d) precision-speed-alertness
- 9) Your priority when Cane training should be:
- a) Developing PSA
 - b) Safety First
 - c) Choosing the proper cane
 - d) Finding a willing training partner
- 10) Which of the following makes you a "soft target" for criminals:
- a) Being female
 - b) Senior
 - c) Child
 - d) Father looking after daughter in a playground
 - e) All of the above
- 11) Self Defense advantages provided by the Cane include:
- a) Reach advantage
 - b) Quick draw
 - c) Carry anywhere without a permit
 - d) All of the above

- 12) The 52S course is the most practical for Cane Self Defense because:
- a) It Focuses on only 5 Powershots which are easy to learn
 - b) It Teaches the most refined Cane applications
 - c) The method works under duress
 - d) A & C
- 13) The Cane Powershot Strategy is:
- a) Both, an offensive and defensive strategy
 - b) Mostly an offensive strategy
 - c) Mostly a defensive strategy
 - d) None of the above
- 14) Gripping the Cane with the horn pointing towards you is called:
- a) Horn grip
 - b) Reverse Grip
 - c) Standard Grip
 - d) Choking up
- 15) Cane maneuverability drills are primarily for:
- a) letting others know you are not a soft target
 - b) developing familiarity, coordination, and kinesthetic sense with the cane
 - c) developing speed, power, and accuracy
 - d) distracting a would be attacker
- 16) Practicing Powershots on a heavy bag with your Cane can increase:
- a) Power
 - b) Condition Your Wrists and Forearms
 - c) Condition your Grip
 - d) All of the above
- 17) The ACS D Powershot Template has an empty hand equivalent called a translation:
- A) True
 - B) False

18) Gripping your Cane with the Horn pointing away from you is called:

- a) Horn Grip
- b) Reverse Grip
- c) Choking Up
- d) Regular Grip

19) The ACSD Powershot follow through is referred to as:

- a) Dissecting
- b) Juggernaut
- c) Going Coast To Coast
- d) Exploding

20) Power for Cane Powershots come from coordinating:

- a) Legs and Shoulders
- b) Hips and legs
- c) Your Whole Body
- d) Shoulders and Hips

21) Your survival during the first 5 Seconds of a life threatening altercation depends on:

- a) How mean and nasty you look
- b) How tough you talk
- c) Your assertiveness and command presence
- d) Your ability to dissuade the attack via Powershots
- e) C & D

22) Which of the following is not a goal of the Cane Powershot Solo Exercise:

- a) To Practice the Powershot template in a sequential fashion
- b) To Develop the ability to strike moving forward and backward
- c) To Refine your show-off twirls that may dissuade the attacker
- d) To Enhance your striking coordination both right and left sides

23) The ACSD system recommends any cane for self defense

- a) True
- b) False

- 24) The goal of the Cane “Lines” Drill is to:
- a) Develop multi-directional striking capacity while moving forward/backward
 - b) Develop physical conditioning involved in continuous Cane Striking
 - c) Teach you to set your feet for maximum power while striking
 - d) All of the above
- 25) The Cane Foundational level 1 “ Shark Tank” Drill develops ALL except
- a) Your Footwork when striking
 - b) Your Vehicle abduction defense
 - c) Ability to gauge distance when striking
 - d) Timing

Bonus Questions:

- 26) The padded Cane used for training is called a:
- a) Cane Softy
 - b) Cane Equalizer
 - c) Cane Drone
 - d) Cane Candy
- 27) Cane contact training with partners should be limited to padded Canes and partner’s protective gear should include:
- a) Shin guards
 - b) Forearm/hand protection
 - c) Head gear
 - d) As much protective gear as partner feels comfortable with

Pass/Fail Question:

- 28) Joe Robaina prefers to be called by his favorite nickname:
- a) Doc Cane
 - b) Cane Maestro
 - c) Big Daddy Cane
 - d) Call him anything you want except late for dinner

Thank You and God Bless Always!