

Name: \_\_\_\_\_

Class Number: \_\_\_\_\_

# **BCIC Comprehensive Exam**

- 1. What is meant by “alive” training?**
- 2. What are the 6 steps in the training cycle that begins with full sparing?**
- 3. What is meant by contact weapons?**
- 4. What are the two general types of military knives?**
- 5. What type of fighting actions is the first type of knife useful for?**
- 6. What type of fighting actions is the second type of knife useful for?**
- 7. Who taught Jiu-Jitsu to the Gracies?**
- 8. Who was the founder of Judo?**
- 9. Which of the following arts is not a feeder art to Modern Army Combatives; Muay Thai, Wrestling, Boxing, Judo, Kali, Fencing, Aikido, Jiu-Jitsu?**
- 10. What do the Japanese words Do and Jitsu mean?**
- 11. Explain the evolution from Jitsu to Do.**
- 12. What are the benefits of competition?**
- 13. What are the drawbacks of competition?**
- 14. What is our plan to gain the benefits of competition and avoid the drawbacks?**
- 15. What sort of grip do you use at the end of the straight arm bar from the mount, and why?**

- 16. Before you can execute the shrimp escape, why would your opponent loosen his legs?**
- 17. How are ties decided in standard competition?**
- 18. What are the two definitions of being “in the guard” for scoring points for passing and sweeps?**
- 19. When do you find out your in a knife fight?**
- 20. If you are armed with a knife, what is the most important part of fighting with it?**
- 21. Where are the best targets for thrusting knife attacks?**
- 22. What does reposte mean?**
- 23. How do you defend the triangle choke?**
- 24. What are the three basic ranges of stand up fighting?**
- 25. In an Intermediate rules fight, otherwise known as pancrase, what point system do the judges use?**
- 26. What safety equipment is required in an Intermediate rules fight?**
- 27. In an Intermediate rules fight are kicks to the head allowed?**
- 28. In an Intermediate rules fight are knees to the head allowed?**
- 29. What is the defining characteristic of a warrior?**