# Transcript for Empowerment and Self-Defense Training

[MUSIC]

## Ohio State’s logo fades onto the screen

## A bunch of women in a room screaming

Ready?

No!

Ready?

No!

Ready?

No!

## A lieutenant begins talking

Two of our officers, who are trained in instructing self-defense,

Ready? No!

they taught the Student Occupational Therapy Association group, um, a two-hour lesson on self-defense.

## A bunch of woman teaching and learning self-defense

Ah, ah, ah

So we start from how to throw a punch,

Ready? go!

how to effectively punch somebody,

No!

where to strike somebody if you ever need to.

Striking position, eye gouge!

Ready? No!

Um, we just go over a variety of self-defense moves that if they never need them, they kind of have a little background knowledge.

Just having a few ideas of things, I can keep in my toolkit of stuff I could do in the future is super helpful.

Um, the instructors did a great job of showing us different moves and techniques.

No!

So, I feel a lot more prepared.

## A lieutenant talks over video of women learning self defense

Safety is our number one priority here as OSUPD and if we can empower women and students to protect themselves, then that’s just going to help us do our job and keep everyone safe.

## A bunch of women in a huddle

1, 2 3

Twist and pull!

## Ohio State’s logo appears on the screen