# Transcript for Front Elbow

Safety Spotlight appears on the screen

[MUSIC]

## Front Elbow appears on the screen

## Detective speaks to the camera

In today’s Safety Spotlight, we’re going to demonstrate the front elbow.

The front elbow is a technique you can use when you’re close with somebody.

## Detective next to a dummy

The front elbow begins with rotation from the toes, through the hips, through your strike.

Your elbow, if you make a fist and place it near your chest area, will be set.

Your striking area is this bony part of your elbow on the end.

The rotation looks like so.

In order to give an effective strike, you want to support your suspect’s head and drive that elbow into the face.

Looks like this.

In full speed, the elbow looks like this – No!

Front elbow.

## Text appears on the screen, “We all have a role in keeping each other safe!”

Remember, we all have a role in keeping each other safe.

## Website link appears on the screen

To learn more, visit the Safety Spotlight on our website at dps.osu/resources

Ohio State’s logo appears on the screen