# Transcript for Hammer Fist

Safety Spotlight appears on the screen

[MUSIC]

## Hammer Fist appears on the screen

## Detective speaks to the camera

In an earlier video, we discussed how your voice is one of your most powerful weapons.

In this Safety Spotlight, we’re going to teach you about the hammer fist.

## Detective next to a dummy

Hammer fist is super easy and useful for anyone in self-defense.

Most of us have used it within our lives if you have a brother or sister.

Now, all you need to do is think about making a fist.

The striking area, being the bottom of your first, and targeting the nose area of the face on your suspect.

It will look a little like this.

When I get my hammer fist ready, I put it up by my head with my elbow pointed out.

My first is pointed up and I strike simply by extending my arm.

[Hits dummy in the face]

Just like that.

If I combine that with the other weapon, my voice, it looks a little like this

[Hits dummy in the face]

Hammer fist.

## 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