# Transcript for Knee Strike

Safety Spotlight appears on the screen

[MUSIC]

## Knee Strike appears on the screen

## Detective speaks to the camera

In this Safety Spotlight, we’ll be demonstrating the knee strike.

It’s a quick and powerful tool that can be used by anybody.

## Detective next to a dummy

The striking area is the top of the knee or this meaty portion.

This meaty portion is going to strike into our suspect.

We’re going to bring our suspect close to our person, either by grabbing around the neck, the shoulders, the waist, and then deliver the strike.

Our body position is a partial squat with the rear leg, delivering the strike.

Looks like this in slow motion.

Bring them in, bring your knee up.

Knees strike full speed.

The strike looks like this. No!

And that’s the knee strike.

## 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