

## Transcript

### Your Life Can Change in an Instant

[music]

[train chugs]

**Scott Sackaney:** I was really active. I was Taekwondo for seven years. Got my first degree black belt.

**Kennedy Rhodes:** I miss hiking. I miss skiing. There was even a camping trip I was going to go on. I don't think I can do it.

**Scott:** We were all pumped up and everything, and I was getting ready to go and start my career in the military. We went out to celebrate.

**Kennedy:** I was 13 years old, and I was hanging out with my friends. One of my friends taught me how to train-hop.

**Scott:** I wake up in the hospital. I go to rip the blankets off me, and I realize that there is no arm there.

**Kennedy:** If I could go back to that day, I would say, "Don't do it."

[music]

**[00:01:01] [END OF AUDIO]**