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### **Session 3 Orientation (edited 01.16.10)**

Check that range is debris free. Motorcycles set out > 6' X > 6'. Set up brake chute & weave cones. Students can get helmets & gear before roll call.

Read roster notes carefully. Roll call. Name tags. Collect tuition. Intros: Name, Live, Expect today?

Review page 1. Have a student read the first section. Tie in "know your limits" to "eliminate unnecessary risks" together in the first paragraph. Briefly review the rest of page 1 and ask the students if they are prepared today. Gear check.

For page 2, show them signal and they tell you what it means. Have the students read out-loud the rules.

Skim-over pages 3 through 5.

Page 6: Use questions technique for "Getting Underway". Try different clutch-throttle coord. Students read "braking" per usual rotation.

Students mount and warm-up engines. Briefly review posture.  
**Conduct exercises 1, "Practice for efficient braking", and 2, "Practice adjusting speed."**

#### Break 1:

Remove brake chutes, set up ovals.  
Review Page 7, Turning and Cornering.  
Students read as you perform.

**Conduct exercises 3, "Practice controlling lean." and 4, "Basic cornering technique."**

#### Break 2:

Set out shift cones. Review Page 7 Shifting.  
**Have students complete course eval.**

**Conduct Exercise 5, "Smooth shifting while moving." and 6, "Practice skills in combination"**

Encourage clapping. Review written eval on last page of booklet. Students read S3 Wrap-up and "What's Next". Hand out Cert. of Acc. Finish roster notes.

1<sup>st</sup> ex of S3. The name of this exercise is, "Practice for efficient braking."

In this exercise you will ride the length of the range demonstrating smooth starts, good riding technique, and controlled stops with both brakes.

*Point out Path-of-Travel.*

1 a. Directions:

On signal, start smoothly and speed-up to 12-15 MPH. Do not exceed 15 MPH. Stabilize your speed demonstrating patient throttle control.

Keep your speed steady until you pass the green cones. As you pass the green cones, roll off the throttle. Stop near the orange cones. Using the front brake is required. When you are ready, use both brakes for practice.

After completely stopping, power-walk to the next line. You may shift to neutral while waiting in line. Do not start again until the student in front of you has left the stopping area.

Remember to progressively increase squeeze pressure on your front brake lever while stopping.

Let's watch "Name" demonstrate the technique.

*Coach students to roll off the throttle after the green cones.*

1 b. Directions: Rear Brake Only

*After 2 to 4 passes, instruct the students to use their rear brake only. Have them press on the rear brake while waiting in line. Tell them to press firmly. Students do not need dismount for these directions.*

1 c. Directions: Emphasis on Front Brake Squeeze

*Have the students dismount and gather on the right side of a brake chute.*

*Students can stop anywhere in the brake chute and are told to not pay attention to the orange cones anymore, just roll off the throttle at the green cones, and progressively increase squeeze pressure on the brake until stopped.*

*(Students may continue to use both brakes in this exercise.)*

*Just before you demonstrate, tell them to focus on your right fingers and the progressive squeeze for efficient braking.*

2<sup>nd</sup> ex of S3: The name of this exercise is, "Practice adjusting speed."

In this exercise you will practice adjusting speed. Stabilize your speed at 15 miles per hour on the long sides, and 8 miles per hour on the short sides.

*Point out path of travel.*

Directions:

An instructor will signal you to begin, one at a time.

As you enter the long side of the perimeter, quickly speed up to 15 MPH. Do not exceed 15 MPH. Stabilize your speed with patient throttle control.

As you approach the end of the long side, quickly slow with both brakes to 8 MPH. Release your brakes before rounding the corner. Maintain a steady speed of about 8 MPH on the short sides.

Remember to accelerate and stabilize your speed as you enter the long sides. Use your brakes to slow quickly as you approach the end of the long sides. There is no braking on the short sides since you should be maintaining a steady speed of 8 MPH.

Let's watch "Name" demonstrate.

*This exercise is conducted only riding to the left.*

*When they are ready, coach students to delay their braking and to brake with a little more intensity to adjust their speed.*

3rd ex of S3: The name of this exercise is, "Practice controlling lean."

In this exercise, you will weave between the cones, causing the bike to lean by using counter-steering. You must maintain a speed that is stable, about 12 mph, and let the bike lean under you.

*Point of Path of Travel.*

Directions:

We will practice the weave riding to the right.

On command, ride the perimeter and turn up the center so we can practice going to the right. Weave between the cones. Keep your speed between 11-13 MPH as you weave. Do not lean very much on your first couple of laps, stay focused on keeping your speed steady.

Remember to use light hand pressures, and let the bike lean under you. Look well ahead. Maintain a sufficient speed to require lean, about 12 mph.

Let's watch "Name" demonstrate the technique.

*Demonstrate riding to **the right**.*

*If needed, after several laps, stop the students in the staging area and briefly coach by correction, appropriately.*

*First coach only speed to be stable. Command students not to lean much if they are going slow. Once all students are between 11-13 mph, coach them to "let the bike lean beneath you".*

Watch for students who are accelerating throughout the weave and coach them to maintain a steady speed.

4<sup>th</sup> ex of S3: The name of this exercise is, "Basic cornering technique."

The three primary elements of basic cornering are: effectively braking to set the entry speed, looking through the turn, and gently accelerating throughout the turn. In this exercise, you will practice both left turns and right turns.

*Point out Path of Travel.*

Directions:

You will first practice the technique on the sidestands.

Then you will be signaled to start your engine.

(We will practice riding in groups of 6 or less.)

On command, ride the perimeter, maintaining a space of about 30 feet. Stay on the perimeter until directed to ride to the oval. Ride to the outside of the cones that designate the oval.

The instructors will direct the path of travel and number of revolutions.

Set your entry speed while still straight, before the entry of the turn. Be sure to release your brakes by the entry cone. This will give you time to use the throttle smoothly while in the turn. The technique is "Brake-Look-Roll".

Remember, stay focussed on mastering the gradual roll on the throttle while in the turn.

Let's watch "Name" demonstrate the technique.

*First have students practice the "Brake-Look-Roll" technique while sitting on the side-stands with the engines off. Emphasize the gradual roll-on here.*

*During the ride, coach gradual roll-on first, then emphasize setting entry speed.*

*All groups finish riding to the left first, then repeat riding to the right.*

5<sup>th</sup> ex of S3: 5a: *Directions are giving at the seating area after concluding page 7 theory review.*

We will first practice the clutch release for smooth shifting, with the engines off, and with the motorcycles on the sidestands.

*In this exercise, focus students on the last 10% of the clutch release, using their fingertips to match road speed and engine speed. First just practice the clutch release, then add the lift lightly and hold, press lightly and hold. Dismount for 5b directions and demo.*

S3 Exercise 5b: The name of this exercise is, “Smooth shifting while moving.”

*Point out Path of Travel. Up-shift is two cones at mid-range near the staging area.*

Maintain a speed of about 10-12 miles per hour in 1<sup>st</sup> gear. As you reach the two-cone marker, lift the shift lever and hold steady until clutch is fully released for 2<sup>nd</sup> gear. Maintain your speed at about 12 mph, do not exceed 15 mph.

At the one-cone marker, press the shift lever lightly and hold the light pressure until clutch is fully released. Immediately release the clutch out about 90% of the way and hold it there with your fingertips. Once engine speed is matched to road speed, complete the ease of the clutch with your fingertips. Have the clutch fully released before you round the corner.

Remember to gently lift & hold the shift-lever at the two-cone marker and gently press & hold the shift-lever at the one-cone marker. Continue light pressure on the shift-lever until clutch is fully released.

Let's watch “Name “ demonstrate the technique.

*Command them on the first pass to practice just the clutch release at the downshift cone since they will be already in first gear.*

*Position yourself at the up-shift cone and coach “Lift & Hold”. After you are satisfied, move to the downshift cone to coach clutch release.*

*Watch for students who use the throttle and brakes to “smooth-out” their shifting. Remind them to master the clutch release first.*

5 c. Directions: *(Upshift cones on short sides, downshift cones on long sides.)*

We will now practice riding to the right and shift up & down twice per lap. *Point out the extra cones.*

6<sup>th</sup> ex of b3: The name of this exercise is, “Practice skills in combination”

We will practice smooth starts, up-shift, ride over a discontinuity, and downshifting while coming to a stop.

*Point out Path-of-Travel.*

Directions

You may practice a couple of times in first gear.

When you are ready, start smoothly, accelerate then up-shift to 2<sup>nd</sup> gear. Ride over the board while keeping your speed steady and your shoulders relaxed. Keep your speed about 12-15 MPH.

As you enter the stopping area, roll off the throttle, apply the brakes, downshift, and come to a smooth stop near the orange cones.

After completely stopping, ride to the next starting line. You may start when the rider in front of you has left the stopping area.

Remember to keep your speed steady and shoulders relaxed. While stopping, apply the brakes first, then downshift before you take your left foot off the peg.

Let's watch “Name” demonstrate the technique.

*The students may ride this exercise in 1<sup>st</sup> gear several times before combining the upshift/downshift sequence.*

Optional 7<sup>th</sup> ex of S3: The name of this exercise is, "Basic Skills Practice." (Optional, time permitting.)

In this exercise we will practice riding, using the basic physical skills and techniques we have learned.

*Point out path of Travel.*

Directions:

Line up in single file at the start cones. Do not start until the rider in front of you has passed the up-shift cones.

Get underway smoothly, riding to the outside of the first cone, then weave between the cones. After exiting the weave, demonstrate the proper Brake-Look-Roll cornering technique.

Maintain a steady speed on the short side. Accelerate as you round the corner entering the long side and shift to second gear. Stabilize your speed at 15 MPH.

As your front tire passes the green cones of the brake chute, demonstrate smooth braking by applying both brakes first, then downshift to first gear while the brakes are still applied. Come to a smooth, controlled stop with your front tire between the last set of cones. Keep your clutch squeezed while stopping.

Remember to concentrate on smooth control.

Let's watch "Name" demonstrate the technique.

*Note: If the shifting exercise has gone for more than 30 mins, conduct this exercise, with at least two passes.*

Optional Session 3 exercise: Weaving and selecting first or second gear.