Exercise 15
Obstacles & Lane Changes
*Simulated Practice of Lane Change*

Have the students:

- Mount the motorcycle and assume proper riding posture, with both feet on the ground.
- Simulate a lane change to the left:
  - Signal.
  - Check the left mirror.
  - Make a head check to the left.
  - Press on the left handgrip.
  - Press on the right handgrip to recover, then
  - Cancel the turn signal.
- Simulate a lane change to the right.
- Repeat in both directions, coaching as necessary.

Make sure the head check is not a prolonged look over the shoulder, but a quick check of the blind spot not covered by the mirror (assuming the motorcycles had mirrors).

Exercise 16 Avoiding Hazards
*Simulated Practice of Swerving with Upper Body Straight*

Have the students:

- Mount the motorcycle and assume proper riding posture, with both feet on the ground.
- Hold the throttle open slightly.
- Simulate a swerve to the left:
  - Push forward on the left handgrip and make the motorcycle lean to the left.
  - Hold the push for at least one second, then
  - Push on the right handgrip to recover.
- Simulate a swerve to the right.
- Repeat in both directions, coaching as necessary.

Coach the students to keep their upper body vertical as their lower body and the motorcycle leans. Note that the throttle should be held steady as the handgrips are pushed.
Exercise 12 Cornering Judgment

Simulated Practice of Look and Press

This simulated practice, similar to Exercise 11, now includes a head turn prior to initiating handgrip pressure and motorcycle lean.

Have the students:
- Mount the motorcycle and assume proper riding posture, with both feet on the ground.
- Simulate a turn to the left:
  - Turn your head 90 degrees to the left.
  - Press forward on the left handgrip and make the motorcycle lean to the left.
- Simulate a turn to the right.
- Repeat in both directions, coaching as necessary.

Once again, there should be no deflection of the front wheel during the simulation; only motorcycle lean. Ensure that the students keep their head turned and eyes up.

Exercise 14

Stopping Quickly in a Curve

Simulated Practice of Straighten, Then Brake

Have the students:
- Mount the motorcycle and assume proper riding posture, with both feet on the ground.
- Hold the throttle open slightly.
- Simulate a turn to the left:
  - Look to the left.
  - Press on the left handgrip and make the motorcycle lean to the left, without moving the throttle.
- Simulate stopping quickly:
  - Press on the right handgrip to quickly straighten the motorcycle.
  - Roll off the throttle.
  - Apply the front brake.
  - Squeeze the clutch after the front brake is applied.
- Simulate a turn and quick stop to the right.
- Repeat in both directions, coaching as necessary. Focus on having the students straighten the motorcycle before applying the brake. Students should be looking straight ahead, with head and eyes up and handlebars straight, when the brake is applied.
Exercise 10
Limited-Space Maneuvers
Simulated Practice of Head Turn, Handlebar Turn, Motorcycle Lean and Counter weighting

Have the students:
- Mount the motorcycle, but stand on both feet with no weight on the seat.
- Simulate a tight turn to the left:
  - Turn your head radically to the left.
  - Physically turn the handlebars fully to the left.
  - Lean the motorcycle to the left so the seat is touching your left thigh, then
  - Assume a seated position with your upper torso held vertically.
- Tell the students that this is the counterweighting position, and their head turn should be radical (looking back over their shoulder).
- Straighten the handlebars and resume the standing position.
- Simulate a tight turn to the right.

Repeat in both directions, coaching as necessary.

Exercise 11
Pressing to Initiate Lean
Simulated Practice of Press and Lean

Have the students:
- Mount the motorcycle and assume proper riding posture, with both feet on the ground.
- Simulate a lean to the left:
  - Press forward on the left handgrip and make the motorcycle lean to the left.
- Simulate a lean to the right.
- Repeat in both directions, coaching as necessary.

Ideally, there should be no deflection of the front wheel during the simulation, only motorcycle lean.

An Instructor can assist with this concept by gripping a student’s motorcycle front wheel between his / her shins while the student applies handgrip pressure.

If previous simulations were coached correctly, this simulation should require a minimum of repetitions.
Range Signals

● Start engine FINE-C
● Stop engine (Thumb/key/valve)
● Neutral (explain they show this back to instructor)

● First Gear ● Clutch (cover)
● Weave ● Speed up
● Front Brake (don’t cover)
● Slow down ● Both Brakes (slow)
● Knees against the tank
● Spread Out ● Flat Wrist
● Stop (Here) (One Line)
● Close it Up ● Head and Eyes up
● Turn head ● Press
● Instructor’s ALL STOP signal
● Come on down

Exercise 9 Stopping Quickly

Simulated Practice of Stop Procedure

Have the students:

● Mount the motorcycle and assume proper riding posture, with the left foot on the ground and the right foot on the foot peg.
● Hold the throttle open slightly.
● Simulate stopping quickly:
  ◊ Roll off the throttle.
  ◊ Apply both brakes.
  ◊ Squeeze the clutch.
  ◊ Press down with your left toes (which are already on the ground), then
  ◊ Put your right foot to the ground.
● Repeat a few times, coaching as necessary.

Correct students who grab the front brake lever or stomp on the rear brake pedal.

The focus is to roll off the throttle and apply the brakes, then press down on the ground with the left toes as if they were making a downshift. It is not necessary for the students to actually shift gears.

Staging Procedure

(in Staging Area)

● Stage riders in two parallel lines
● Direct students to keep eyes up, park under your outstretched hand
● Entering staging: alternate outside then inside rider
●Exiting staging: alternate inside then outside rider
Exercise 5
Adjusting Speed & Turning

Simulated Practice of Steady Throttle with Steering Input

Have the students:

- Mount the motorcycle and assume proper riding posture, with both feet on the ground.
- Keep the wrist flat on the throttle.
- Hold the throttle open slightly.
- Simulate a turn to the left:
  - Press forward on the left handgrip and make the motorcycle lean to the left, without moving the throttle.
- Simulate a turn to the right.
  - Repeat in both directions, coaching as necessary.

Simulating steady throttle with actual handlebar turns is not appropriate at this point since the turns being practiced in this exercise do not, and should not, involve physically turning the handlebar.

More appropriately, the students should focus on keeping the throttle steady while pressing forward on the handgrip to initiate motorcycle lean.

Exercise 7
Cornering

Simulated Practice of Look and Press

Have the students:

- Mount the motorcycle and assume proper riding posture, with both feet on the ground.
- Simulate a turn to the left:
  - Turn your head 90 degrees to the left, then
  - Press forward on the left handgrip and make the motorcycle lean to the left.
- Simulate a turn to the right.

Repeat in both directions, coaching as necessary.

Make sure that the students keep their eyes up when they make the head turn, and that the motorcycles lean in the appropriate direction.

Principle-Centered Decisions by Instructor must be:

- SEE = Safe, Effective, Efficient
- SAM = Safe, Adult Learner Centered, Motor Skill Development

Follow curriculum guidelines, sequence and contents.

Follow guidelines established by the state and regional program.

Debriefs:

- Debrief every exercise, but keep it efficient
- One or two questions as a minimum
- Focus on what the student learned
- Reinforce theory and practice from exercises
- Shared information between students
Exercise 1
Motorcycle Familiarization
30 minutes – No Demo, Static Practice

Exercise 1 Critical Building Blocks:
Introduce Posture, Visual Control and use of Controls

In addition to following the Range cards, note the following:
- Emphasize clutch lever squeeze and ease with pausing in the friction zone.
- Check throttle operation with a full roll on and let it snap back.
- Guide students through the proper mounting & dismounting procedure for the first time. Coach students as needed throughout exercise.
- Emphasize and use coaching signals
- Guide students through the start up procedure of FINE-C and shut off procedure (thumb, key, valve) with coaching signals for the first time. Second time use coaching signals and coach individuals as necessary.

Ending Transition:
① For bullet #12, coaches can have students straddle walk or walk the motorcycles (depending on the range) to the cones for Exercise 2.
② Once all students are properly situated at the cones (mounted on the motorcycle) have students “practice front brake operation and looking over their shoulder when backing up” by having them straddle walk forward and backwards.

Exercise 4
Shifting & Stopping

Simulated Practice of Shifting

Have the students:

- Mount the motorcycle and assume proper riding posture, with the left foot on the foot peg and the right foot on the ground.
- Keep the wrist flat on the throttle.
- Squeeze the clutch, shift into first gear and hold the throttle slightly open.
- Simulate up shifting:
  ◊ Roll off the throttle.
  ◊ Squeeze the clutch.
  ◊ Lift up firmly on the shift lever.
  ◊ Smoothly release the clutch.
  ◊ Roll on the throttle.
- Repeat up shifting a few times, coaching as necessary.
- Simulate downshifting:
  ◊ Roll off the throttle.
  ◊ Squeeze the clutch.
  ◊ Press down firmly on the gearshift lever.
  ◊ Smoothly release the clutch.
- Repeat downshifting a few times, coaching as necessary.
- Simulate downshifting while braking to a stop:
  ◊ Roll off the throttle.
  ◊ Apply the front brake.
  ◊ Squeeze the clutch.
  ◊ Downshift to first gear while keeping the brake applied.
  ◊ Place your left foot on the ground.
- Repeat downshifting while braking a few times, coaching as necessary. Be certain that the students apply the brake before squeezing the clutch for the downshift.
Encourage the students to lift / press the shift lever immediately after beginning to squeeze the clutch.

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Exercise 2

Using the Friction Zone

*Simulated Practice of the Friction Zone*

Have the students:

- Mount the motorcycle.
- Shift into first gear and assume proper riding posture, with both feet on the ground.
- Roll the motorcycle back and forth with the clutch fully released (to illustrate that the engine and rear wheel are connected).
- Squeeze the clutch fully and roll the motorcycle back and forth (to illustrate that the engine and rear wheel are disconnected).
- Ease the clutch out very, very slowly as you continue to roll the motorcycle back and forth.

Point out that the area where the students feel an increased resistance to rolling is the friction zone: the area where the clutch begins to engage power to the rear wheel when the engine is running.
Exercise 2
Using the Friction Zone
25 minutes – Riding Demo, Simulated Practice, 3 Parts

Exercise 2 Critical Building Blocks:
Posture, Visual Control, Speed (stability) and use of Controls (clutch, throttle & brakes)

Demo:
- Begin in middle (near side) of range with static demo of Posture; start engine, 1st gear, then demo 3 parts

Group Rocking
1. With both feet on the ground, push back onto your heels with toes up. Use the friction zone to move the motorcycle forward until feet are flat on the ground and squeeze in the clutch. Repeat. Show good posture.

Power Walking
2. Slight throttle increase while easing the clutch into & remaining in the friction zone; power walk to the far side of the range. Emphasize that each foot is planted firmly.
3. Power walk to your far side cone, squeeze in clutch; stop by using the front brake only; find neutral. Show neutral sign; full lock right; go 90 degrees, straight, full lock left, go 270 degrees and come back to right side of your cone.

Riding
4. Power walk 3 steps then feet onto foot rests. Enough speed for smooth stability. Ride to your (near side) cone, squeeze in clutch; stop by using both brakes; left foot down, then right foot; find neutral.
5. Show neutral sign and demonstrate turn around procedure again.

Starting Transition:
- C1 & C2 each coach half the students independently for simulated practice and all three parts.

Ending Transition:
- On command, students power walk/ride forward to the middle of the range; stop in line; final staging will be down the center of the range with 6 students (top of the range) facing towards the far side and the other 6 students facing towards the near side.
- All riders complete engine stop procedure; dismount as group.
Exercise 17
Skills Practice
20 minutes – Riding Demo

Demo:
• Only if path of travel is not understood.

Starting Transition: Already lined up
• Open both braking chutes; u-turn & swerve opened half way through exercise.

Ending Transition:
• C2 stack riders in double line at u-turn start gate; engine cutoff and await all riders.
• All riders complete engine stop procedure; dismount as group.

NOTE: Coach steady speed, no anticipation of the cue cones and progressive front brake usage in the braking chutes. Also, steady speed in 2nd gear for the swerve and to clear the escape lane before coming to a slow safe stop.

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Exercise 3
Starting & Stopping Drill
25 minutes – Riding Demo, 2 Parts

Exercise 3 Critical Building Blocks:
Posture, Visual Control, Speed (stability) and use of Controls (clutch, throttle & brakes)

Demo:
① Start in center of range, on motorcycle facing towards the near side. With engine off, straddle walk motorcycle to outside cone (lined up right side of cone). Start motorcycle, 1st gear.
② Power walk to first cone to demonstrate students can power walk until they are comfortable with placing their feet on the foot rests.
③ Ride to the next cone.
④ Power walk at the end (top) of range to the far side, inside lane.
⑤—⑧ Ride cone-to-cone along far side, stopping at each cone using both brakes, left foot down, then right foot down. Demonstrate 3 power walk steps before placing feet up on foot rests each time. Maintain good posture.
⑨ Power walk at the end (bottom) of the range.
⑩ Part 2 ride from first cone to last cone.
⑪ Power walk to new lane on far side. On signal from co-Instructor, ride back to middle of range. Engine off.

Starting Transition:
• C1 near side, C2 far side
①—⑤ Have each student straddle walk their motorcycle to the designated outside & inside cone lanes; engines off. Start loading with the cones closest to the top or bottom of the range, then the next set of cones, as you move backwards. Keep visual control of everyone in front of you.
• Once all the students are in place, give start signal, first gear then walk backwards into first coaching position. When you are backing up allow them to begin as soon as a cone is open in front of them.
• They can power walk/ride from cone to cone.

Ending Transition

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Exercise 16
Avoiding Hazards
30 minutes – Riding Demo, Simulated Practice, 2 Parts

Exercise 16 Critical Building Blocks:
Posture, Visual Control, Speed specific for exercise and use of Controls (handle bars).

Demo:
① On signal, approach barrier at a steady 12mph in 2nd gear.
② Passing through cue cones, swerve in direction signaled (left or right); downshift and stop in front of coach well beyond the end of the escape lane.
③ After coaching, proceed to the offset weave and return to the same start gate.
④ Repeat, swerving in direction signaled.
⑤ Demonstrate Part 2, stopping on signal: C1 signals stop; downshift and stop quickly; on signal ride straight through the barrier cones; stop next to coach; proceed to offset weave and return to the same start gate.

Starting Transition: Already lined up
  • Conduct Simulated Practice in staging.

Ending Transition:
① C1 signals all stop- engine cutoff for their lane. C2 signals their students to find neutral
② C2 maintains visual control and instructs closest group (near side bottom of range) to remain on motorcycles.
③ C1 drops 2 cones (orange) down for Exercise 17 braking chute start gate at top of range.
④ C1 instructs riders at the top of the range to line up at starting gate.
⑤ All riders complete engine stop procedure; dismount as group.
Exercise 3  
Starting & Stopping Drill  
(Contd.)

**Transition: Part 1 to Part 2**

1. C1 signals C2. Move to second coaching position to get in front of the students and start lining them up.
2. Move to coaching position so you can coach them from the back of the lines as you watch each student coming down the range in your area of responsibility.

**Ending Transition:**

*Stage for Exercise 4 at the bottom of the range.*

1. C1 & C2 stop students in line. C2, at the bottom of the range, signals engine cut off and instructs students to remain on motorcycles until all motorcycles are properly staged.
2. C2 walks to the back of the lines to receive riders from C1. C1 will use a controlled release of remaining students from the top of the range to C2 for staging at the end of the line.
3. Remaining riders complete engine stop procedure; all dismount as group.

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**Exercise 15**
**Obstacles & Lane Changes**
*(Contd.)*

**Transition to Part 2:**
1. C1 & C2 select lead rider; each to stop six riders in line, missing the last obstacle.
2. C1 & C2 send riders to respective start gates and move into coaching position for part 2.
3. C1 & C2 remove obstacles from path of travel.
4. Conduct part 2 of exercise, Lane Changes.

**Ending transition:**
- C1 & C2 signal all stop for their lane.
- All riders complete engine stop procedure; dismount as group.

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Exercise 4
Shifting & Stopping
30 minutes – Riding Demo, Simulated Practice

Exercise 4 Critical Building Blocks:
Posture, Visual Control, Speed (stability), Speed specific for exercise and use of Controls (clutch, throttle, shifter & brakes)

Demo:
1. Leave staged area and go directly to outside of perimeter cones; proceed down the middle of the range in first gear slowly. Do not perform clutch control lanes; stop at start gate cones on near side.
2. Smooth start with shift to 2nd gear.
3. Stop, downshift to 1st with front tire between the cones before corner. Pretend to receive coaching.
4. Power walk partially through perimeter with good head turn, looking at the other side for merging riders.
5. Feet up, then turn head towards clutch control lanes.
7. Between clutch control lanes speed up to use brakes for next clutch control lane.
8. Go to opposite (far) side. Stop at far side start cones; both feet down wait two, three seconds; then repeat demonstration of the proper procedure for shifting, stopping, receiving coaching, corner, clutch control lanes then returning to the near side start gate.
9. C1 give staging signal. Proceed to staging area, shut off motorcycle and await signal (thumbs up). Ride back to staged motorcycles.

Starting Transition:
- Conduct Simulated Practice in staged area.
  1. C1 instructs the lead rider (1st six riders) to proceed around the outside perimeter corner and slowly back down the middle of the range; at the bottom of the range u-turn right towards C2 at the far side start gate.
  2. C1 signals start up to all riders; signal 1st gear to only the first six riders; send them on the path of travel to C2. C1 directs second group of riders to straddle walk forward and fill the first group’s original space in line.
  3. With first group of riders staged at starting gate, C1 instructs the 7th rider (2nd six riders) to follow the same path of travel as the first group of riders and look for C1 to line up at the near side starting gate.
  4. Both coaches walk backwards to get into position.

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Exercise 15
Obstacles & Lane Changes
20 minutes – Riding Demo, Simulated Practice, 2 Parts

Exercise 15 Critical Building Blocks:
Posture, Visual Control, Speed specific for exercise, and use of Controls (throttle, handle bars & turn signals).

Demo:
Part 1-- Obstacles:
1. Out of staging, ride a complete perimeter lap in 2nd gear at 12-15 mph without crossing obstacles.
2. After the 1st lap, cross over the obstacles far side, then near side, completing one lap.
3. Far side again (only 1st obstacle), missing the last obstacle at the far end and coming to a stop.
4. Proceed to near side start gate for part 2.

Part 2-- Lane Changes:
5. C1 walks students to second demo position.
6. C2 rides towards lane change; signal right, mirror check, head check, change lane to right, cancel signal and stop next to imaginary coach.
7. Proceed to weave and go back to start gate.
8. Perform left lane change without stopping next to coach but proceeding to weave and stop back at start gate. Upon signal from C1 demo is over, return to staging.

Starting Transition:
- Conduct Simulated Practice in staging.
1. C1 releases riders out of staging onto perimeter in counterclockwise direction. C2 is in range management position at the bottom, far side perimeter corner.
2. With all riders on the perimeter and safe gaps established, signal riders to begin surmounting obstacles. C1 & C2 move into a coaching position. Students surmount obstacles for two laps.

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Exercise 4
Shifting & Stopping
(Contd.)

Ending Transition:
① C1 & C2 give All Stop signal. C1 & C2 walk forward toward respective lines. While walking, C1 gives neutral sign; with riders in neutral, C1 walks around the outside of the riders to the back of the line.
② C2 will instruct their line to do a “Lazy S” and proceed to C1. C1 receives the riders from C2, forming one continuous line; C1 gives neutral signal and walks backwards to staging. C2 walks around the outside of the students to the head of line.
③ C2 gives first gear signal; utilizing a controlled release they send one rider at a time into staging. C1 will stage riders (alternating outside then inside) in two parallel lines. Signal engine cut off immediately. Do NOT move past a running motorcycle. All riders in staging, complete engine stop procedure; dismount as group.

Stopping Quickly in a Curve Demo

Ending Transition
Exercise 14
Stopping Quickly in a Curve
20 minutes – Riding Demo, Simulated Practice

Exercise 14 Critical Building Blocks:
Posture, Visual Control, Speed specific for exercise and use of Controls (handle bars & brakes)

Demo:
① Proceed from start at top of range, near side, in 1st or 2nd gear; exaggerate head turn through 90 degree left hand turn; straighten motorcycle, straighten head, leave curve; apply both brakes; downshift if necessary; left foot down, then right foot. Pause for coaching.
② Make 90 degree turn and ride across range; head check for traffic; stop at start gate on opposite side.
③ Repeat demonstration to the right.
④ End demonstration at original start gate.

Starting Transition: Already lined up
• C1 & C2 conduct Simulated Practice at staged motorcycles.

Ending transition:
① C1 and C2 stop calling and walk to their respective lines.
② C1 sends line to back of C2’s line (big Lazy S)
③ C1 then walks to staging.
④ C2 instructs lead rider to go all the way around the perimeter to C1 in staging.
⑤ All riders complete engine stop procedure; dismount as group.
Exercise 5
Adjusting Speed & Turning
30 minutes – Riding Demo, Simulated Practice, Reverse

Exercise 5 Critical Building Blocks:
Posture, Visual Control, Speed specific for exercise, Adjusting Speed (use both brakes) and use of Controls (throttle, handle bars & brakes)

Demo:
① Out of staging, one complete perimeter lap, at the end of each long side slow (using both brakes) and look towards next corner. Maintain steady 12-15 mph, in 2nd gear, for perimeter riding.
② After first lap, start weaving on far side then near side, continuing to adjust speed (both brakes) at the end of each long side. Maintain steady 12-15 mph, in 2nd gear, riding weave.
③ Stop at the top of the range after completing weaving on far side then near side. C1 will explain that at some point during the exercise they will stop the students, in a line, and reverse the path of travel.

* Alternate end to Demo is to continue to far side weave then into staging.

* Do not show reversal unless necessary.

Starting Transition:
• Conduct Simulated Practice in staging area.

① C1 sends students from staging (inside/outside alternating) onto perimeter in counterclockwise direction. C2 is in range management position at the bottom, far side perimeter corner.

Look for safe gaps and proper procedure of adjusting speed (slow) using both brakes at end of each long side.

② C1 & C2 show weave signal when safe gap is achieved and “Slow” technique is evident from perimeter riding. Students are to continue proper procedure of adjusting speed (slow) using both brakes at end of each long side.

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Exercise 13
Negotiating Curves
(Contd.)

Ending Transition: Setup for Exercise 14.
① C1 & C2 stop calling riders and move into position at both start gates.
② C2 sends six students over in a big Lazy S to the original start gate at the nearside, top of the range; C1 receives and signals engine stop procedure.
③ C2 moves remaining students up to start gate and signals engine stop procedure. All riders dismount as group.
Exercise 5
Adjusting Speed & Turning
(Contd.)

Reversal Transition:
1. C1 stops students in a straight line on the near side. Instruct lead rider for reversal to do a big Lazy S and look for C2 (C2 moves position to near side, bottom of the range).
2. C1 follows last rider (walking behind) to new position. C2 gives slow signal to control group as C1 moves into position.
3. Once in position, C1 & C2 give weave signal.

Ending Transition:
1. C1 stops students in a straight line on the far side. Instruct lead rider for reversal to do a big Lazy S and look for C2 (C2 moves position to far side, bottom of the range).
2. C1 follows last rider (walking behind) to new position. C2 gives slow signal to control group as C1 moves into position. Once in position, C1 gives weave signal immediately.
3. After one complete lap of weaving, C1 moves to staging and shows low staging signal to C2. C2 chooses lead rider; gives staging signal and spread out signal to riders in motion as they approach. C1 to receive riders coming into staging with immediate engine cut off signal given to each. All students complete engine stop procedure; dismount as group.

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Exercise 13
Negotiating Curves
30 minutes – Riding Demo, Reverse

Exercise 13 Critical Building Blocks:
Posture, Visual Control, Speed specific for exercise, Adjusting Speed (use both brakes) and use of Controls (throttle, handle bars, shifter & brakes)

Demo:
① Proceed from start gate, shift to 2nd gear; complete left 90 degree turn.
② Accelerate to 18 mph; slow (both brakes) before cue cones for the 135 degree left hand turn; exaggerate head turn; demonstrate outside-inside-outside path of travel with steady roll on.
③ Stop at coaching position and return to original start gate.
④ Demonstrate reversal to opposite start gate.
⑤ Repeat demonstration steps 1-3 in opposite direction.

Starting Transition: Already lined up

Reversal Transition:
① C1 & C2 stop calling riders and move into position at both start gates.
② C1 instructs lead rider to perform “Lazy S” to other side.
③ C2 receives group and places them in line.
④ C1 & C2 move into new coaching positions.

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Exercise 6 Controls-Skills Practice
20 minutes – Riding Demo

Exercise 6 Critical Building Blocks:
Posture, Visual Control, Speed (stability), use of Controls (clutch, throttle & handle bars)

Demo:
1. Out of staging, around near side perimeter corner, then down the center of range (do not perform pause-n-go or clutch control) through bottom corner cones to left.
2. Complete near side weaves (start to outside of cone); complete left perimeter corner at the top of the range.
3. Continue to pause-n-go; speed up between; clutch control lane; proceed through bottom corner to right.
4. Complete far side weaves (start to outside of cone); complete right perimeter corner at the top of the range. On far side, demonstrate using 2nd gear during the weave, shift to 1st at perimeter corner.
5. Continue to pause ‘n go then clutch control lane; then STOP at the end of the clutch control lane. Look over left shoulder to co-instructor for ending signal (thumbs up). Proceed back to staging.

Starting Transition:
1. C1 releases from staging. Instruct students again not to perform pause-n-go or clutch control lane 1st time down the range. C1 moves into coaching position after all students are clear from staging area.
2. C2 at bottom of range will send first six to far side; next 6 to near side. C2 walks around backwards and sideways on the perimeter to maintain visual control of everybody and gets into coaching position.

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Exercise 12
Cornering Judgment
(Contd.)

Ending Transition:
1. C1 moves to the top of the range and sets start gate cones (orange) for Exercise 13. C2 walks to the front of the riders.
2. C2 instructs lead rider to ride towards C1 and line up at the start gate for Exercise 13.
3. C1 stages riders in single line at the start gate for Exercise 13. All riders complete engine stop procedure; dismount as group.
Exercise 6
Controls-Skills Practice
(Contd.)

Ending Transition:
1. C1 signals to C2 to end exercise. C2 walks back to bottom of range maintaining visual control. Gets into position: stops riders at end of clutch control lanes in one line.
2. C1 moves to staging. C2 releases students to C1 in staging. All riders complete engine stop procedure; dismount as group.

Cornering Judgment Demo

Reversal Transition
Exercise 12
Cornering Judgment
30 minutes – Riding Demo, Reverse, Simulated Practice

Exercise 12 Critical Building Blocks:
Posture, Visual Control, Speed specific for exercise, Adjusting Speed (use both brakes) and use of Controls (throttle, handle bars, shifter & brakes)

Demo:
① Proceed from start gate and establish 15mph in 2nd gear; slow at the cue cone and off the brakes before the entry cones.
② Look to the farther gate first (green cone chute, center range); Press on left hand grip at the same time apply a steady Roll on throttle, align and pass through green cone chute; proceed and stop at imaginary coaching position. Return to same starting gate.
③ Proceed from start gate and establish 15mph in 2nd gear; slow at the cue cone and off the brakes before the entry cones.
④ Look to the closer gate (orange cone chute); at the entry cones press on left hand grip at the same time apply a steady roll on throttle, align and pass through orange cone chute; proceed and stop at imaginary coaching position. Return to same starting gate.
⑤ Show reversal by completing big Lazy S to other start gate on far side and stop.
⑥ Repeat above procedure for right turn gates noting the orange cone chute is now the farther gate and the green cone chute is the closer gate. Add downshift to 1st gear for closer gate demo. On signal (thumbs up) return to staged motorcycles.

Starting Transition: Already lined up
• Conduct Simulated Practice in staging.

Reversal Transition:
① C1 goes to near-side start gate and C2 goes to far-side start gate.
② C1 instructs lead rider to perform “Lazy S” to other side.
③ C2 receives group and places them in line.
Exercise 7
Cornering
30 minutes – Riding Demo, Simulated Practice, Repeated Split, Reverse

Exercise 7 Critical Building Blocks:
Posture, Visual Control, Speed specific for exercise, Adjusting Speed (use both brakes) and use of Controls (throttle, handle bars & brakes)

Demo:
① Leave staging out to the oval riding in a counterclockwise direction.
② Shift to 2nd gear with speed between 12-15mph and demonstrate turning technique (Slow, Look, Press & Roll) three times for approximately 2 laps.
③ Stop at the top of the oval, near side. Show teardrop reversal; path of travel now in clockwise direction. Demonstrate turning technique (Slow, Look, Press & Roll) two times for approximately 1 ½ laps.
④ Stop at the top of the oval, far side. U-Turn left to outside perimeter and proceed back into staging slowly in 1st gear.

Starting Transition:
• Conduct Simulated Practice in staging area.
① C2 starts Group One (6 riders) and releases from staging to C1 on the range. C2 moves Group Two (6 riders; engines off) to front staging area.
② C2 moves to the outside of Group Two in staging for coaching and range management.
③ C1 controls & coaches Group One riders on the oval for approximately four laps in counterclockwise direction.

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Exercise 11
Pressing to Initiate Lean
(Contd.)

Second Split Starting Transition:
① C1 signals C2 for staging; C2 instructs first group
   this time out is a continuous loop; signal start engine
   procedure to first group and instruct to remain in
   neutral; C2 stages all riders in second group
   (engine/ignition off); move cones to offset weave
   position; C2 sends first group out to range then
   straddle walks (engines off) second group forward in
   staging; move to coaching position as necessary for
   group in staging or group performing weave.
② C1 conducts exercise on range.
③ C1 signals C2 for staging; C2 instructs second group
   this time out is a continuous loop; signal start engine
   procedure to second group and instruct to remain in
   neutral; C1 begins giving staging signal to first group
   of riders; C2 stages first group (engine/ignition off);
   C2 sends second group out to range then straddle
   walks (engines off) first group forward in staging;
   move to coaching position as necessary for group in
   staging or group performing weave.
④ C1 conducts exercise on range.
⑤ C1 signals C2 for staging; C1 begins giving staging
   signal to first group of riders; C2 stages second
   group (engine/ignition off).

Ending Transition: Set up for Ex 12
① C1 drops near-side start cones (orange) for Ex12.
② C2 signal start engine procedure to entire group and
   instruct to remain in neutral. C2 sends all riders out
   in a controlled fashion down the middle (show lead
   rider) to C1.
③ C1 stages students in a single line for Ex 12 (near
   side). All riders complete engine stop procedure;
   dismount as group.

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Exercise 7
Cornering
(Contd.)

Reverse Transition:
1. C1 stops Group One for reversal on near side of oval. Have students do teardrop reversal around end of oval, back to path of travel now in a clockwise direction; approximately four laps. C1 moves to new coaching position.
2. C2 remains in staging with students on motorcycles and engines off.

Ending Transition:
1. C1 signals staging to C2; C1 stops Group One on far side of oval; reverse to staging by sending them in a left u-turn, back around the perimeter to C2 in staging.
2. C2 receives low staging signal; moves to front of Group Two in staging; instructs them to remain in neutral and how C1 will call them out onto the oval; C2 shows start up signal; waits for students ready signal and moves to the back of Group Two to stage Group One from the range.
3. C1 moves back to original position; signals 1st gear to Group Two in staging and releases each individual separately (Inside-Outside); C1 repeats same exercise procedures for Group Two on the range.
4. C2 straddle walks (engines off) Group One forward to front of staging area; C2 moves to outside of Group One for coaching and range management.

* Note: Each group is on the range twice. The exercise ends with both groups in staging.
Exercise 11
Pressing to Initiate Lean
25 minutes – Riding Demo, Simulated Practice, Repeated Split

Exercise 11 Critical Building Blocks:
Posture, Visual Control, Speed specific for exercise, countersteering effect and use of Controls (throttle & handle bars)

Demo:
① From staging, ride to & stop at start gate.
② Ride through starting chute; establish steady 12-15 mph quickly; press right to initiate lean; press left to align with second chute; ride through second chute and stop next to imaginary coach.
③ Proceed left to weave in 2nd gear at 12-15 mph and back to the start gate.
④ Stop at start gate; repeat path, nod your head like “I got it” and go back into staging for Part 2.
⑤ Part 2 leave staging and go through start cones, don’t stop, follow path of travel with a nod to imaginary coach; continue through weave while exaggerating the weave to simulate an additional offset for part 2.
⑥ Demonstrate a continuous loop without stopping at the start gate; follow path of travel; nod head to imaginary coach; return to staging.

First Split Starting Transition:
- Conduct Simulated Practice in staging.
① C2 instructs first group to line up at start gate and wait for C1 to signal them individually; signal start engine procedure to first group only; C2 sends first group to start gate then straddle walks (engines off) second group forward in staging; C2 moves to coaching position as necessary for group in staging or group performing weave.
② C1 conducts exercise on range.
③ C1 signals C2 for staging; C2 instructs second group to line up at start gate and wait for C1 to signal them individually; signal start engine procedure to second group and instruct to remain in neutral; C1 gives staging signal to all riders of the first group to stage together; C2 stages first group (engine/ignition off); C2 sends second group to start gate then straddle walks (engines off) first group forward in staging; move to coaching position as necessary for group in staging or group performing weave.
④ C1 conducts exercise on range.

Reverse Transition

Ending Transition
Exercise 8
Matching Gears to Speed
15 minutes – Riding Demo, Clockwise

Exercise 8 Critical Building Blocks:
Posture, Visual Control, Speed specific for exercise and use of Controls (clutch, throttle & shifter).

Demo:
1. From staging, big Lazy S in 1st gear slowly out to the middle then back to near side bottom perimeter corner.
2. Shift to 2nd on far side; then 3rd gear at the triple green cones at the top of the range.
3. Downshift to 2nd gear, on near side, at double orange cones; ease out clutch slowly.
4. Shift to 3rd gear at triple green cones at the bottom of the range.
5. Downshift to 2nd gear on far side at double orange cones; ease out clutch slowly; stop before perimeter corner on the far side at the top of the range.
6. Return to staging.

Starting Transition:
1. C2 instructs lead rider to go from staging, make a big Lazy S in 1st gear slowly out to the middle then back to near side bottom perimeter corner where C1 is standing.
2. C1 in position to provide focus point and manage speed (slow) until all students are moving on the correct path of travel.
3. C2 follows last rider out of staging and moves to coaching position.

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Exercise 10
Limited-Space Maneuvers
(Contd.)

Ending Transitions:
1. C1 ends exercise, moves to staging and calls near side group into staging.
2. C2 moves to line at top and holds them in place; when C1 line is staged, send group around perimeter to C1 in staging.
3. All riders complete engine stop procedure; dismount as group.

Starting Transition

Matching Gears to Speed Demo

6 green 8 orange

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Exercise 8
Matching Gears to Speed
(Contd.)

Ending Transition:
① C2 stops exercise on far side in single line. C1 drops cones near side for Ex 9 start gate (green cones).
② C2 sends 6 riders down (controlled release) the middle of the range to C1 at bottom near side of range; C1 positions students in single line at the start gate for Ex 9; instruct students to perform shut off procedure and remain on motorcycle.
③ C1 walks outside of students over to far side to drop 2 cones (orange) for Ex 9 start gate.
④ C2 sends remaining riders down middle of the range to C1 where students are positioned at the far side start gate for Ex 9. All riders complete engine stop procedure.
⑤ Dismount as group.

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**Exercise 10**

**Limited-Space Maneuvers**

25 Minutes– Riding Demo, Simulated Practice

**Exercise 10 Critical Building Blocks**

Posture, Visual Control, Speed (stability), counter weight effect and use of Controls (clutch, throttle and handle bars)

**Demo:**

1. From staging, proceed around perimeter in 1st gear.  
2. Stop at near side start gate; continue on to complete one left then one right u-turn within 24’ x 60’ box (Use entire box from dotted line to solid line); proceed to S turn and near perimeter turn.  
3. Proceed to far side start gate. Stop at gate; continue on to complete one left then one right u-turn within 24’ x 60’ box (Use entire box from dotted line to solid line); proceed to S turn and far perimeter turn; return to near side start gate.  
4. C1 may have you demonstrate again the counterweight technique and head turn. Once signaled, return to staging.

**Starting Transition:**

- Conduct Simulated Practice in staging.  
  1. C2 sends 6 riders around the perimeter to C1 at bottom of the range, near side start gate.  
  2. C1 positions students in 2 lines.  
  3. C2 instructs lead rider of the last 6 where to go; C2 walks backwards into position at far side start gate and signals each rider when to proceed.  
  4. C1 & C2 walk backwards into first coaching position.

**Note:** See suggested coaching positions noted as 1st, 2nd or 3rd. Utilize these positions during the exercise to maximize coaching of students and maintain range management.
Exercise 9
Stopping Quickly
30 Minutes – Riding Demo, Simulated Practice,
2 Parts

Exercise 9 Critical Building Blocks:
Posture, Visual Control, Speed specific for
exercise and use of Controls (throttle, clutch,
handle bars & brakes)

Demo Part 1:
① Begin from near side start gate, establish 12-15 mph
in 2nd gear; first set of cones cue braking process;
brake quickly using both brakes and downshift to 1st;
left foot down, then right foot.
② After coaching, ride through perimeter, showing
head turn.
③ Head check for cross traffic at first pause-n-go.
Accelerate, then pause at second pause-n-go and line
up at far side start gate; stop at gate.
④ Repeat procedure on far side; return to near side start
gate for part two of demo.

Demo Part 2:
⑤ C1 will move students to 2nd demo position behind
perimeter, close together.
⑥ Proceed on signal; establish 12-15 mph in 2nd gear
mid-range; brake and downshift to 1st gear quickly
on signal from C1.
⑦ Proceed through perimeter turn and cross merge to
far side to repeat part 2. If not necessary then step 8.
⑧ Return to staged motorcycles, near side start gate.

Starting Transition:
• Conduct separate Simulated Practice in lines.
• C1 & C2 give start up signal and wait for student
ready/neutral signal then walk backwards into
coaching positions.

Ending Transition:
① C1 & C2 signal all stop in line.
② C1 walks to staging and signals near side riders into
staging one at a time; signal engine cutoff
immediately and instruct all riders to remain on their
motorcycles. C2 walks to far side start gate.
③ With all riders from near side staged, C2 instructs
far side riders to make a big Lazy S into staging; C1
stage incoming riders.
④ All riders complete engine stop procedure; dismount
as group.

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