

Revised **September 2015**

Simulated Practices
Demonstrations
Skill Eval #1 Note
Avery Label #12586 or
1" X 2 5/8" labels

Exercise 5: STEADY THROTTLE

Roll on throttle one-quarter turn
Turn handlebar to the right
Turn handlebar to the left

Exercise 10: COUNTERWEIGHT & HEAD TURN

Turn handlebars
Lean m/c in & lean upper body out
Press down on (weight) outside foot
Turn head & look over shoulder

Exercise 14: STRAIGHTEN MOTORCYCLE, THEN BRAKE

Square handlebars
Squeeze front brake

Exercise 1: Motorcycle Familiarization

No demonstration required. This exercise can be conducted at the motorcycle storage area, in the staging area, or on the range perimeter (ready for exercise 2). Student participation begins with step #3.

Exercise 4: Shifting & Stopping

Ride to and demo clutch control lanes (3-4 seconds per CCL), & stop at start cones for near side. Ride shift and stop on near side, then CCLs to far side. Ride far side shift & stop, CCLs, and stop at start cones for near side. Ride to "T" in staging area. Return to original position.

Exercise 7: Cornering

Demo 2 laps to left and return to stage.
Slow using both brakes about mid-way between arcs. Show transition from brake to throttle and wait for maybe a second before starting the roll (and head turn) just prior to the cue cone. Continue a gradual roll until you slow mid-way between arcs for the next curve.

Exercise 10: Limited-Space Maneuvers

Ride near side box, s-curve, and perimeter turn; Ride far side box, s-curve, and perimeter turn to near side start. Return to stage unless asked to demo near side again.

Exercise 13: Negotiating Curves

Ride left-hand cornering; ride right-hand cornering; return to start. Slow about mid-range. Show transition from brake to throttle, and set up to the outside. Start roll prior to single cone, show outside-inside-outside path of travel. Stop rolling after the last 20' cue cones; downshift and stop at stop cones.

Exercise 16: Avoiding Hazards

Ride swerve left; stop; weave; ride swerve right; stop; weave. Ride Part 2 quick stop; ride through box (over hazard); stop; weave; return to start. *Instructor reading the cards should not provide signals to the riding instructor during demo.*

Exercise 2: FRICTION ZONE

Squeeze the clutch all the way in
Ease it out slowly
Ease it out a little more, to the friction zone (half way),
Pause in friction zone
Continue to ease out the clutch

Exercise 7: LOOK & PRESS

Turn head in direction of turn
Press handlebar in direction of turn

Exercise 11: PRESS & LEAN

Press handlebar
Lean with motorcycle

Exercise 15: LANE CHANGE

Mirror check
Signal
Head check
Cancel signal

Exercise 2: Using the Friction Zone

Demo posture; show rocking; power walk to far side; neutral & turn; ride to near side. Friction zone use (multiple ease/squeeze) to speed up & slow during Part 2. *Students should be near center of range to closely observe friction zone.*

Exercise 5: Adjusting Speed & Turning

Ride 1-1/2 laps (far side, near side, far side) on perimeter showing slow with both brakes at the end of the long side of the perimeter; ride one lap (near side, far side) showing weave with slow before the turn, stage.

Exercise 8: Matching Gears to Speed

Demo sweeping u-turn and ride two laps showing shifting; return to stage. Starting u-turn is to the left, just inside the triple cones. Downshift at the double cones, showing distinct ease after the shift. Ease should be completed before going around the corner.

Exercise 11: Pressing to Initiate Lean

Ride from start cones, through jog, head nod, weave. Continue through start cones to ride jog again (and head nod) and stage.

Exercise 14: Stopping Quickly in a Curve

Ride right curve; cross to other line; ride left curve; return to start. Ride at least halfway through curve with lean before showing a distinct straighten, short straight-line travel (3-4 feet), then transition to brakes and show good quick stop.

Exercise 17: Skills Practice

No demonstration is required.

Exercise 4 : UP SHIFTING

Squeeze the clutch (& roll off throttle)
Lift up on the gear shift lever
Ease clutch out (& roll on throttle)

Exercise 9: STOPPING

Roll off the throttle
Progressive squeeze of front brake lever

Exercise 12: LOOK & PRESS

Turn head in direction of turn
Press handlebar in direction of turn

Exercise 16: SWERVE

Press in direction of swerve
Press to straighten

Exercise 3: Starting & Stopping Drill

Ride cone-to-cone for at least two cones on one side. Power walk to other side, changing lanes. Ride Part 2 on that side; return m/c to original position. Show distinct power walking (approx. 5 steps) each time before riding.

Exercise 6: Control-Skills Practice

Ride to and demo the pause-n-go and clutch control lane (6-8 seconds for CCL); weave on near side; return up center PNG and CCL; weave on far side; return up center PNG and CCL, then stage. Show distinct use of clutch (multiple squeeze/ease) through CCL.

Exercise 9: Stopping Quickly

Ride up center of range, stopping at start cones for near side; ride near side quick stop; do PNGs while crossing to far side; ride far side quick stop; do PNGs while crossing to near side; ride Part 2, stopping well before any cones; stage. *Instructor reading the cards should not provide signal to the riding instructor during demo.*

Exercise 12: Cornering Judgment

Start on near side. Ride closer (small) gate, including downshift; ride farther gate; return to stage. Braking (and downshift) should be completed prior to the single cue cone. Transition from brakes to throttle between single & double cue cones; start roll at the double cue cones.

Exercise 15: Obstacles & Lane Changes

Ride 1-1/2 laps crossing over obstacles (far side, near side, far side) and stop at start cones for near side lane change. Ride lane change to left; stop; weave; ride lane change to right; stop; weave; return to start.

3. You will lose points on the U-turns for:

- Crossing a line or boundary.
- Putting a foot down.
- Power walking through the turn.
- Not completing a left & right turn.
- Not attempting either turn.