

Hands-On Riding Exercises in the Basic Rider Course

Motorcycle Familiarization

- Review T-CLOCS pre-ride inspection
- Identify location and operation of important controls and major parts
- Review mounting/dismounting procedures
- Review elements of good posture

Using the Friction Zone

- Become skilled in using the clutch friction zone for control

Starting & Stopping Drill

- Coordinate the friction zone, throttle, and brakes to control the motorcycle
- Start out and stop with precision and control

Shifting & Stopping

- Shift gears and stop smoothly

Basic Skill Practice

- Refine low-speed maneuvering skills
- Refine throttle use and brake manipulation for corners

Pressing to Initiate and Adjust Lean

- Understand the maneuvering elements needed for negotiating curves
- Experience the effects of handgrip pressure and handlebar movement to initiate and adjust lean

Stopping More Quickly & Tight Turns from a Stop

- Develop a feel for progressive braking pressure to stop more quickly without skidding
- Practice making a sharp turn from a stop

Stopping Distance Demonstration

- Observe a demonstration of the reaction/braking parts of total stopping distance
- To understand effects of speed on braking distance
- To relate the results to intersection strategies

Limited-Space Maneuvers

- Refine maneuvering skills to allow turns in limited spaces
- Learn the counterweighting technique

Stopping in a Curve

- Learn to maintain control while stopping in a curve
- Understand traction management

Curve Judgment

- Improve skills for negotiating multiple curves
- Understand the "search-setup-smooth" strategy

Multiple Curves & Lane Changes

- Practice negotiating curves and lane changes
- Understand safety margins and gap selection

Crossing an Obstacle & Swerving

- Learn techniques for crossing over obstacles
- Execute a basic swerve
- Practice turning from a stop
- Refine slow-speed weaves

Skill Practice

- Capstone exercise that combines a variety of maneuvers

Skill Test

- To assess basic skills using a cone weave, normal stop, turning from a stop, U-turn, quick stop, obstacle swerve, and cornering maneuver.
- To demonstrate basic motorcycle control skills and ability to avoid an obstacle
- To demonstrate ability to use the proper technique to negotiate a curve