



Title:	Learning to Ride 3.0 First bike handling skills
Objectives:	Instruct student, through practical demonstration and on-bike practice, the control systems on their racing motorcycle, teach first bike handling skills.
Goals:	At the end of this period of instruction the student should know how to operate the basic control systems and demonstrate how they can control the motorcycle, on their own, at a basic level.
Subject:	<ol style="list-style-type: none"> 1. Remove bike from stand 2. Move bike around by themselves 3. Sit on bike 4. Use of the front brake 5. Use of the rear brake 6. Kick starter/electric starter 7. Throttle control 8. Using front and rear brake together 9. Use of clutch (where present) 10. Moving off from standing position and stopping, under control
Procedures	Individual or group classes at controlled site (e.g. driveway, carpark, empty racetrack). Demonstration and practice with parent and/or trainer.
Technique	Visual, practical demonstration, physical action
Most Common Mistakes	Coordination, timidity in action, not sufficiently big to control bike, lack of understanding of how the bike works.
Summary	<p>This period of instruction is dedicated to teaching the student how to control the bike, to not let it control them, to use the clutch to allow smooth gear shift and start off operation, to get the bike started, to get it moving smoothly, to use the brakes and how to change gear on their racing motorcycle.</p> <p>These are the basic skills required to get started in racing and must be developed and mastered early. Without these basic, well-developed skills the riders will have difficulty being able to continue to develop the skills when out on the racetrack. The approach to this will be to provide visual and practical sessions alongside and on the motorcycle with various aids and tools, such as video, as appropriate.</p>



	<p>The approach will also allow the rider to continue their development perhaps on their own or with a parent present and trainers will have confidence in their safety.</p> <p>The instruction will also include practical demonstration of the systems and on-the bike repetitive practice of their actions. This can be done stationary with the motorcycle on its stand, or in a small confined space such as driveway or carpark at low speeds. It is vital that riders repeat the skills over and over, many times in order for them to be learned. Just doing it once or twice is simply inadequate. These skills must become second nature before going to the racetrack.</p> <p>Note that some riders may be too small to be able to adequately control their bikes unaided, so may require assistance.</p>
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Assessment Sheet
Learning to Ride 3.0
Bike control, Starting, Stopping, Clutch control, Braking

Item	Pass/Fail	Comment
Take bike off stand		
Move bike around under control		
Push and walk alongside bike and apply front brake. Squeeze and steady application, not grab and jerky application.		
Climb onto and sit on bike unaided (this will be age and size dependent)		
Start bike using kick/electric starter (this will also be age/size dependent)		
Demonstrate use of the throttle, have no fear of making noise and revving the engine. (Demonstrate both throttle on and off, slow and fast throttle on)		
Demonstrate use of front and rear brakes, with engine off, with engine on, individually, together (i.e. braking without increasing throttle).		



Demonstrate ability to use the clutch to allow smooth control and smooth release, not jerky, use of clutch to shift gears.		
Demonstrate ability to move off from standing position and come to stop again while all under control (demonstrate ability at increasing speeds, straight line, braking and clutch control)		
Demonstrate competency at using front brake at a beginner level (i.e. to slow the bike and come to a stop while under control)		
Demonstrate competency at using rear brake at a beginner level (i.e. to slow the bike and come to a stop while under control)		
Demonstrate competency at using both front and rear brakes at a beginner level (i.e. to slow the bike and come to a stop while under control)		
Climb off bike unaided and return bike to stand		

Overall Comments:

Guardian/Student Signature:

Trainer/coordinator Signature:

Date:



New rider attempting to get into racking tuck. Work in progress



Developing early level Kayo rider skills at Kart track. Work in progress.