



Title:	<b>Learning to ride 4.0</b> Basic motorcycle handling skills
Objectives:	Instruct student, through practical demonstration and on-bike practice, the basic motorcycle handling skills which need to be mastered before progressing to more advanced levels.
Goals:	At the end of this period of instruction the student should be able to demonstrate a range of basic skills for riding a motorcycle at low speeds.
Subject:	<ol style="list-style-type: none"> <li>1. Start motorcycle, shift gear and move off, under control</li> <li>2. Stop motorcycle under control, find neutral</li> <li>3. Emergency stop using front and rear brakes</li> <li>4. Ride motorcycle and change gears up and down with use of clutch, finding neutral.</li> <li>5. Basic turns in both directions, riding in a circle without changing diameter of the circle (constant throttle, throttle control)</li> <li>6. Linking turns to perform Figure of 8, while not losing control (throttle control, brake balance, rear brake, introduce counter steering)</li> <li>7. Change of direction control in cone slalom riding</li> <li>8. Turn off motorcycle, climb off and place onto stand</li> <li>9. Pick up motorcycle from ground position (trainer lie bike down)</li> </ol>
Procedures	On-track or in carpark/driveway and stationary instruction and demonstration. Having two trainers/observers is helpful, but not vital, for this instruction.
Technique	Visual, practical demonstration, physical action
Most Common Mistakes	Poor control, poor balance, unable to make turns, unable to control weight of motorcycle, poor coordination of throttle, turning, braking
Summary	<p>This period of instruction is intended to teach the student how to control the motorcycle at a basic and reproducible level at low speeds. To allow the rider to develop fine control skills. Skills will be carried through from Session 3.0 and reinforced and bedded in.</p> <p>Riders will learn how to ride, brake, stop, change gears and control the motorcycle in turning and flowing from one direction to another, how to stop the motorcycle and come to a rest, how</p>



to place the motorcycle on its stand and how to pick up the bike should it fall over. The latter is a part of teaching the rider to be in control of the bike, not the bike in control of them.

The approach will also allow the rider to continue their development and confidence to ride around racetracks more safely, and to question their trainer if they have concerns.

Riders can ride away from first trainer in a straight line to begin with and stop at second trainer who can assist with turning the bike around to return to start.

The instruction will include practical demonstration of the systems, images and video instruction and on-the bike repetitive practice of their actions. This part of the instruction will be a mixture of stationary and mobile training and is best undertaken on the racetrack (preferably kart track) or closed carpark, driveway or quiet street using small sports cones (no danger if riders run over them) or similar markers to mark out the circle or figure of 8 (large chalk marks can work too).

Some riders may be too small to completely control their motorcycles and may continue to require assistance (important that riders have appropriately sized bikes).

Note that some motorcycle transmissions make it difficult to find neutral when the bike is stationary. It is usually easier to find neutral when the bike is still moving. Riders can be instructed to find neutral while the bike is still moving as they approach their stopping area.

Riders should also use helmets with clear visors fitted so that trainers can see their eyes and expressions.



**Assessment sheet**  
**Learning to ride 4.0**  
**Basic motorcycle handling skills**

Item	Pass/Fail	Comment
Start motorcycle, select gear, move off, ride to a stated point and come to controlled stop with bike in neutral gear		
Demonstrate emergency braking at increasing speeds (not excessive speeds)		
Demonstrate control of gear shifting up and down in straight line using clutch (this is where the 2 <sup>nd</sup> helper/trainer is helpful)		
Demonstrate control over motorcycle in cone weave riding (eyes, balance, counter steering, rear brake control, increasing speed, reduced cone spacing)		
Demonstrate ability to control throttle and brake balance to ride in a circle (constant throttle, rear brake to control circle, both directions, increasing speed)		
Demonstrate competency at turning both the motorcycle by riding a laid-out Figure of 8, without losing form (throttle control, counter steering, brake control). Observe body position the rider adopts, without prompting at this point		
Stop, turn off motorcycle, place on stand (unaided as appropriate due to age/size)		
Lift up motorcycle from ground as if it has fallen over (trainer can lie		



bike down carefully on grass or a tyre or similar). Use body weight to lever bike up using either forward or rearward facing technique.		
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Overall Comments:

Guardian/Student Signature:

Trainer/coordinator Signature:

Date:

**AWAKENING THE RIDER**

**SLOW SPEED CONE WEAVE**

**SETUP:** Place cones 12 feet apart in a straight line

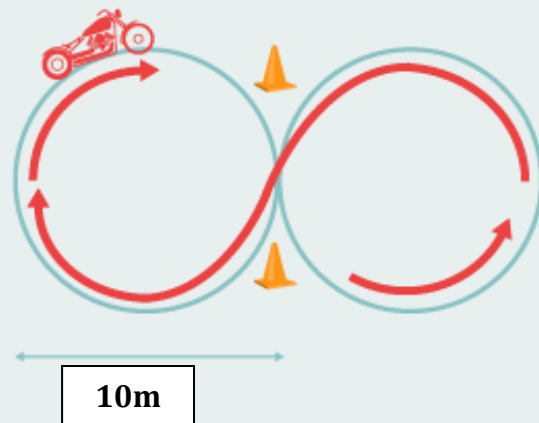
**GOAL:** Weave between cones, keeping your balance and controlling your speed



**FIGURE 8S**

**SETUP:** Identify an area to make two 30-foot circles

**GOAL:** Hone your figure-8 riding skills



**QUICK STOP STRAIGHT LINE**

**SETUP:** Choose an open space in a parking lot, place a cone in the 1 and 2 positions, 20 feet apart. Begin braking at cone 1 and stop before cone 2

**GOAL:** Stop quickly and successfully before the cone at the end. Practice at 15 mph

