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Session 2 Orientation (edited 03.26.11)

Check that range is debris free.
Motorcycles set >6 X >6. Stager if two lines.
Set up 20 foot cones and brake chutes.

Read roster notes carefully. Roll call. Name tags.
Students get gear before reviewing booklet.
Introductions: Name, Live, Expect today?

Page 1. Have the students read the section on risk and the bolded paragraph. Then move to page 2.

Page 2: Show them signal and they tell you what it means.
Have the students read out-loud the rules.

Students read p. 4, “Hand Positions” and p. 5 “Shifting” only.

Conduct exercise 1, “Session 1 Review”, and 2, “Practice looking well ahead, using the front brake, and holding on.”

Break 1:

Page 6: Students read per usual.

Conduct exercises 3, “Building confidence with clutch control”, and 4, “Practice Braking.”

Spend extra time on exercise 4. Be sure the students can stabilize with patient throttle control before moving on to exercise 5.

Break 2:

Set up weave cones.

Page 7, Turning. Students read as you perform.

Conduct exercises 5, “Practice straight-line stability”, ex 6, “Practice looking well ahead, and ex 7, “Introduction to leaning.”

Encourage clapping. Students read S2 Wrap-up. Announce S3 schedule and indicate on roster who will attend. Finish roster notes.

1st ex of S2: The name of this exercise is, "Session 1 Review"

In this exercise, you will practice mounting and dismounting, and review proper riding posture, and locate the Primary controls.

1 a. Directions: *(Students perform while you say:)*

Stand to the left of your motorcycle. Squeeze the brake with your finger tips. Straighten and sit. Sidestand up.

Slide forward to relax shoulders and bend elbows. Turn the bars left and right several times and let the bike move under you. Now repeat with your head up. Scoot forward so you can do this without moving your shoulders.

While looking down range, lean the motorcycles to the left and the right. We will practice "Visual Directional control". Keep your body centered and now lean just the motorcycle.

Take a moment to center yourself. Fix your hands. Put your hands to your sides. Lightly put your hands on the controls; cover the clutch with your left hand. Right fingers comfortably curled around the throttle, with the wrist-flat position, *(Assure yourself every student is properly evaluated coached before moving on.)*

Identify and operate primary controls: Repeat each step until you have evaluated and coached each student.

-The Throttle. Smoothly roll it on, now smoothly roll it off to the closed position. Quarter, half, and full roll-on. *(Explain why this is important to reduce accidental "roll-ons".)*

-The Front Brake. Squeeze, Release. Wrist must be in the down or flat position when you roll-off. Squeeze brake with fingertips.

For this class, do not cover the brake.

-The Clutch. Review the difference: Squeeze and Ease. Emphasize fingertip control.

-The Rear Brake. Ball of foot on peg. Slide foot forward and press brake lever.

-The shift lever. Practice lifting the foot to the peg without hitting the shift lever.

Properly dismount.

1 b. Directions: We will now practice shifting and we will start and warm up the engines.

Mount and set your posture.

Lightly lift the shift lever and roll backwards until the motorcycle shifts into 2nd gear. BE sure to use as light of pressure as you can.

Now gently roll forward until it stops, gently roll back until it stops. Don't shift yet, find the midpoint and very lightly press to go to neutral.

Lightly press, without shifting to first, now roll forward until it "Drops" into 1st.

Now gently roll forward until it stops, gently roll back until it stops. Don't shift yet, find the midpoint and very lightly lift to go to neutral. (*Practice as appropriate.*)

Start and warm up engines. Practice patient throttle control.

After engines are warm: Have the students practice "double clutching" to 2nd, then to 1st.

Properly Dismount.

2nd ex of S2: The name of this exercise is, "Practice looking well ahead, using the front brake, and holding on."

In this exercise you will push the motorcycle to your assigned cone. Then you will practice looking well ahead while lifting you feet to the pegs and while moving the motorcycle.

Point out Path-of-Travel

2 a. Directions:

Command students to straighten motorcycle and put sidestand up. Send them directly to their assigned cone on the not-stageside of the range. After sidestand is down, instruct them to properly mount and assume proper riding posture.

With students properly mounted, instruct:

Place sidestand down and lean the weight of the motorcycle on the sidestand. With the weight of the motorcycle on the sidestand, "straighten the bars".

Lift your knees to the tank and place your feet on the pegs.

Practice several times and review proper riding posture.

Remember, keep looking at your target cone as you lift your knees, and squeeze the tank with your knees to stay centered.

When students are ready, have them squeeze the tank with their knees and command them to relax their hands to there sides and sit comfortably.

2 b Directions:

We will now practice looking well ahead while moving.

Place both feet on ground, and put sidestand up. Straddle walk across the range. Stop at the target cone by squeezing the front brake. When stopped, your front tire should be within one foot of the target cone.

Correct students who do not stop within 1 foot of the target cone. It does not matter to which side, but if a student asks, tell them to the right side of the target cone.

Also, remind the stdents how to turn around:

They are to turn to the right and travel a full bike-length, then return to by looking for their cone traveling to the left. "Let the bike lean beneath you." Take a break and gather at the picnic tables.

3rd ex of S2: The name of this exercise is, "Building confidence with clutch control." In this exercise you will practice smoothly delivering power to the rear wheel by demonstrating good clutch control.

Directions:

First we will rock in place, coordinating throttle roll-on and clutch release. Then we will power-walk across the range.

For the rocking step, start the engine and let it warm up for about a minute. Practice patient throttle control while engine is warming. When signaled, shift to first gear, then put both feet on the ground. Push the motorcycle backwards until you are resting on the heels of your shoes.

Ease out clutch about halfway and hold it there. Hold the lever at that position. Let the bike move forward one foot so that your feet are again flat on the ground. Squeeze the clutch as your toes touch the ground. Then immediately rock back and repeat. Add more throttle roll-on to increase power as you become more skillful with the clutch release.

Next, when signaled, begin to power-walk the motorcycle towards your target cone.

Stop the motorcycle at midrange by closing the throttle, then squeeze the brake lever. On signal we will repeat this procedure to the target cone. When you reach your target cone, place the motorcycle in neutral, waive your left hand, then turn around.

Remember, in this exercise hold the throttle steady, do not release clutch beyond halfway. If you release the clutch all the way, you are not practicing clutch control.

Let's watch "Name" demonstrate the technique.

Exercise 3 b:

When they are ready, with the students still mounted, command them to take at least 5 straddle steps for the first take-off. Then, after some practice, remind them to squeeze the tank with their knees, and try to relax their upper bodies.

4th ex of S2. The name of this exercise is, "Practice Braking"

In this exercise you will practice making stops with a progressive squeeze on the front brake. You will also practice stops with the rear brake only, and lastly you will practice using both brakes at the same time.

Point out Path-of-Travel.

Directions:

On signal, start smoothly and ride toward the brake chutes. Stabilize your speed between 10 to 15 MPH. Do not exceed 15 MPH. As you pass the green cones, roll off the throttle. After you roll off the throttle, progressively squeeze the front brake and come to a smooth controlled stop near the orange cones.

After completely stopping, power-walk to the next line. You may shift to neutral while waiting in line. Do not start again until the student in front of you has left the stopping area.

Remember, roll off the throttle as you pass the green cones, then lightly squeeze your front brake lever, progressively increasing the squeeze pressure until you stop.

Let's watch "Name" demonstrate the technique.

4 b. REQUIRED COACHING: *After a couple of laps, coach students to delay the squeeze of the clutch. Coach them to squeeze the clutch just before they put the foot down.*

4 c. Students who can reliably perform 4 b. with confidence are to be instructed to use the rear brake only. Caution them that they will need to press firmly on the rear brake. Have them practice pressing the rear brake while waiting in line. After a few passes, command these to ride between 12 to 15 mph.

4 d. Command them to continue to ride between 12-15 mph, not rolling off until they are past the green cones and to practice with both brakes. Also tell them for the rest of the day, the front brake is required when braking, and for practice, they should try both brakes when it feels "right" to them.

5th ex of S2. The name of this exercise is, "Practice Straight-line stability"

Motorcycles can easily ride over uneven surfaces. In this exercise we will practice keeping our speed steady while riding over a small discontinuity.

Point out Path-of-Travel.

Directions:

On signal, start smoothly and ride toward the brake chutes. Stabilize your speed near 11 MPH.

Keep your speed steady as you ride over the board. Do not tighten your grip and keep your shoulders relaxed. It is a small bump.

As you pass the green cones, roll off the throttle and come to a smooth controlled stop near the orange cones.

After completely stopping, power-walk to the next line. You may shift to neutral while waiting in line. Do not start again until the student in front of you has left the stopping area.

Remember, keep your speed steady and shoulders relaxed.

Let's watch "Name" demonstrate the technique.

The speed limit is 15 MPH for this exercise. The 11 MPH in the directions may help lower anxiety for these first time riders. After the exercise is progressing well, encourage students to go over 11 MPH when appropriate.

End the exercise by stacking all students at one start gate. Have them dismount and walk the bikes to the staging area in the student order of best to least.

This is the essential exercise for Session 2 skills. All students must be able to stop with confidence before moving on.

6th ex of S2: The name of this exercise is, "Practice looking well ahead."

In this exercise you will practice looking well ahead while riding around the perimeter. Stabilize your speed at about 15 miles per hour on the long sides, and about 10 miles per hour on the short sides. We will practice riding to the left and to the right.

Point out path of travel.

Directions:

Properly mount and start your engine. On command shift to first gear. An instructor will then signal you to begin, one at a time.

As you enter the long side of the perimeter, immediately speed up to 15 MPH. Do not exceed 15 MPH.

As you approach the end of the long side, slow with the brakes. Release your brakes before rounding the corner. Maintain a steady speed of about 10 MPH on the short sides.

Remember to keep your head up and look where you want to go.

Let's watch "Name" demonstrate.
(Demonstrate riding to the left only.)

If the students are slowing enough at the end of the range to make a smooth turn, do not over coach braking in this exercise.

3 b. Practice to the right. Have the students stay mounted with engines off. Tell them we are going to practice riding to the right. Tell them they will ride up the middle and turn right. Tell the to follow "Name", the lead rider. Then go to the lead rider and give him/her explicit direction for reversing for the beginning and end of the exercise.

7th ex of S2: The name of this exercise is, "Introduction to leaning."

In this exercise, you will weave between the cones, causing the bike to lean by using counter-steering. You must maintain a speed that is stable, and let the bike lean under you.

Point of Path of Travel.

Directions:

First you will practice the press-right lean-right, press-left lean-left technique while sitting with the engines off. Use lightly applied, forward pressures when practicing. Then you will be signaled to start the engines.

On command, ride the perimeter and weave between the cones. Keep your speed steady at 12 miles per hour. Do not lean very much on your first couple of laps.

Remember to use light hand pressures, and let the bike lean under you. Look well ahead. Maintain a sufficient speed to require lean, about 12 mph.

Let's watch "Name" demonstrate the technique.

Show the students the light press, then only demonstrate riding to the left.

After several laps, stop the students in the staging area and briefly coach by correction, appropriately.

After several more laps, again stop the students in the staging area and explain that they should now increase their lean and go well around the cones.

Time permitting, practice weaving to the right. Also, if more time is available, you may make a portion of the weave 20 feet spacing.