

Pre-Learner Course Reminders



Mount

- Front Brake
- Head Check
- Side stand up

Move off

- Fast idle
- Friction point & hold
- Head check, then ease rear brake off
- Left foot up, clutch out

Ready Position

- Rear brake on
- Front brake off
- Head and eyes level with horizon

Stop motion

- Mirrors
- Set up both brakes
- Clutch in, gear down
- Left foot down

Dismount

- Front brake on
- Side stand down
- Head check

Left/right turns

- Mirrors
- Turn head
- Turn bars
- Constant motion

Posture - Lower Body

- Feet on pegs, toes out
- Knees grip the tank
- Seat – weight forward

Prepare gear change

- Mirrors
- Roll on/off
- Gear change

Posture - Upper

- Back relaxed
- relaxed arms, knuckles up, forearm lower and parallel
- Head: eyes look ahead and level with horizon

Gear change

- Clutch in
- Gear pressure up/down & hold
- Clutch out (Fingers away)
- Foot away

Start engine

- Kill switch on
- Key on
- Clutch in (rear brake on)
- Start

Braking

- Mirrors, set up and squeeze front & rear brakes
- Clutch in
- Gear down, left foot down
- Ready position (stopped in first gear)

Stop engine

- Kill switch off
- Key off
- Clutch out

Buffer space

- Leave 3 second gap
- Reaction time is 1.5 seconds
- Braking time is 1.5 seconds

Roadcraft

- Observation: Look 5 seconds ahead, scanning road surface, instruments and mirrors every 5 seconds
- Slow down: Be able to stop within the clear distance seen ahead. See a hazard, slow down, manage risks by setting up both brakes
- Buffer: Maintain space in front, behind and on both sides



YOU CAN NEVER GET **TOO GOOD** AT RIDING A MOTORCYCLE —
 HERE'S HOW WE CAN HELP YOU BE THE **BEST RIDER** YOU CAN BE!

