

Exercise 17

2W Skills Practice (Compact Range)



1. Read objective:

- To be able to perform basic motorcycle operations smoothly and proficiently

2. Explain Range setup:

Part one includes:

- Cone weave and normal stop on near side [point].
- Swerve on interior of range [point].
- Quick stop on far side [point].
- Turn-from-a-stop at perimeter turns [point].

Part two includes:

- U-turns and swerve [point].
- Quick stop on far side [point].

3. Instructions:

- On signal proceed, to designated start cones and wait.
- When practice area is clear, and one at a time, ride in and perform the skill.
- Maintain a safety margin and select safe traffic gaps.

4. With riders at swerve start point, provide demo of two parts:

- Note evaluations and provide instructions

PART ONE

– Cone weave and normal stop

- Begin on either side of the first cone, and weave around all five cones.
- Make a smooth non-skidding stop with your front tire inside the stop box

– Turn-from-a-stop

- Stop at the first cones, then complete a turn-from-a-stop to the right.
- Keep head and eyes up and look through the path of travel.
- Turn handlebars and lean the motorcycle.
- Coordinate clutch and throttle use while staying within the painted lines and cones.
- Select a safe traffic gap and ride to the swerve line.

– Swerve

- Swerve in the direction of choice.
- Keep head and eyes up and keep body upright, independent of cycle lean.
- Maintain steady speed throughout your swerve.
- When straight, stop smoothly and safely.
- Turn left or right and join a line. Alternate sides.

– Quick stop

- Keep head and eyes up.
- Use brakes firmly.
- Avoid anticipating stop point.

- For part two, stage riders at double cones for the u-turn and quick stop

PART TWO

– U-turns

- Keep head and eyes up and look through path of travel.
- Turn handlebars and counterweight as needed.
- Work to complete u-turns within the solid lines.

– Quick stop

- Avoid anticipation.

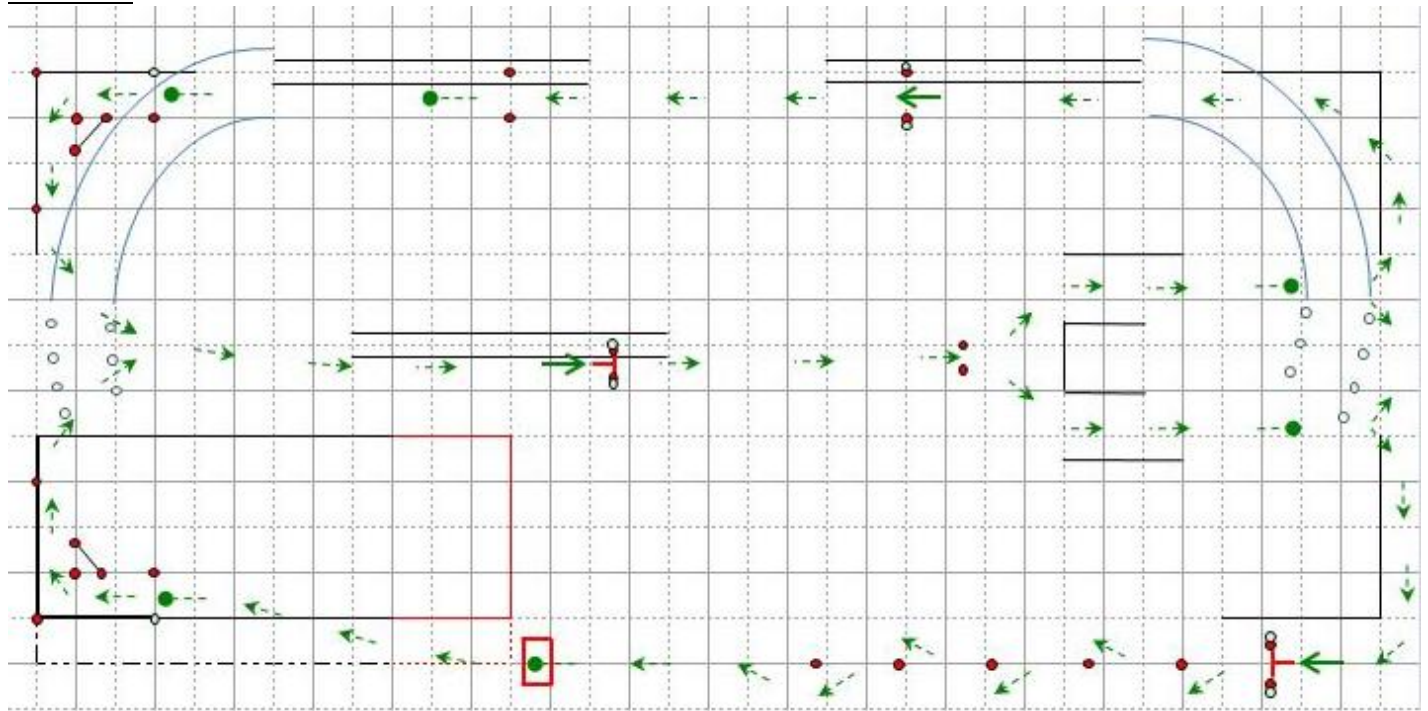
5. Conduct exercise

- Initially stage riders at double start cones for the weave and quick stop start points
- Coach improper approach speeds and cue cone anticipation

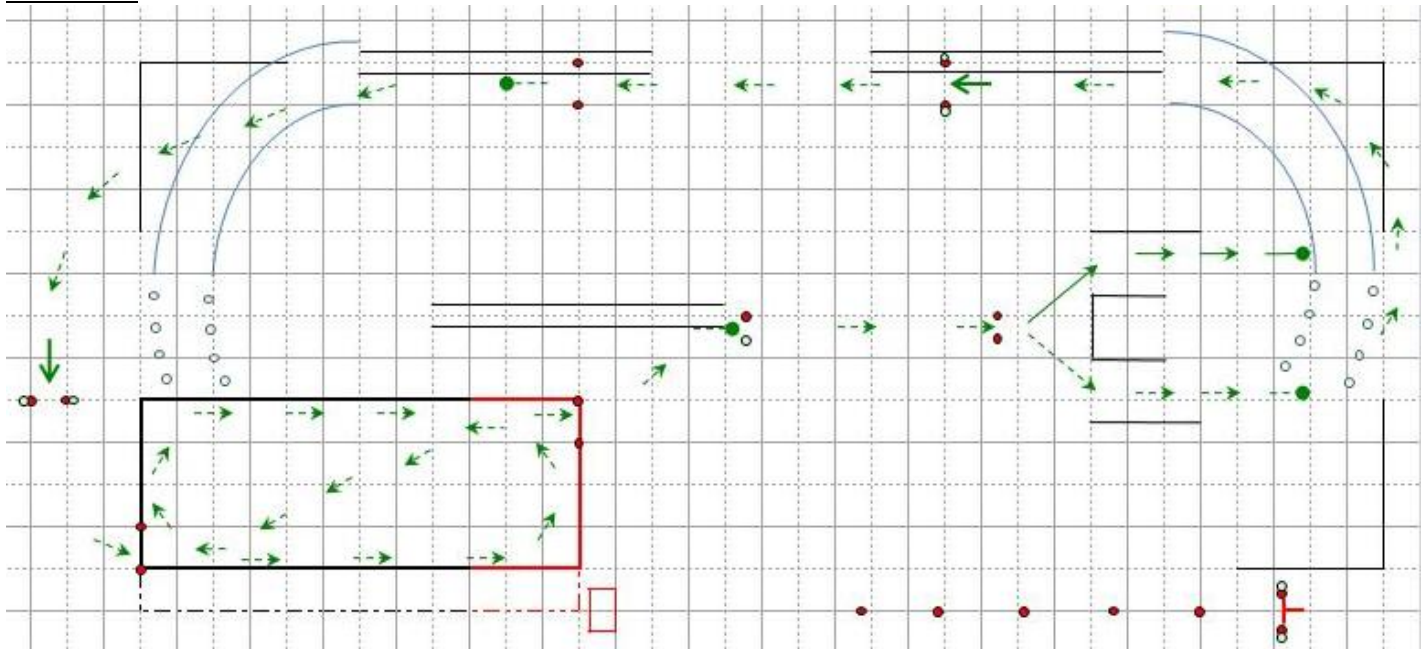
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PART ONE



PART TWO



6. Stage riders

7. Debrief

Notes:

- The cue cones for the swerve box are 13' from barrier and 3' apart
- The 20' boundary line for the u-turn is used