



# R1

RIDING SCHOOL  
**STEP 1**



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Dear Rider,

We have prepared this booklet so you will know the drills you will be working on today.

The curriculum of today's session was chosen in such a way for it to cover the most important part of riders' worries during riding.

Our aim is to reform your perception regarding the way a motorcycle is ridden, so you will change your riding from experienced based to conscious. Instead of trying to face your motorcycle's reactions after they happen, you will learn to predict them and correct them automatically.

Safety and satisfaction in riding will be increased significantly.

We recommend keeping notes and observations according to your progress. It is better to do so today or in the next few days, since your memory is fresh.

We wish you every success in your driving reform.

Thanasis Choutras

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## **BASIC INSTRUCTIONS FOR TODAY**

Today you will participate in five (5) theoretical lessons of twenty (20) minutes each and five (5) riding sessions in the track of twenty (20) minutes each.

Please try to be on time for both theoretical lessons and riding sessions, according to the announcements of the people of the organisation.

You must attend all theory classes and be in the classroom on time.

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## **YOUR OBLIGATIONS**

Your obligations for today are:

**To be a student.** Listen carefully to the topics about technicalities. You will be trained on these techniques with your instructor in the track.

**Do your drills.** When you are in the track do your drills as described by your instructor during the theoretical lessons. Some of the drills are more difficult than others, so you might feel a little uncomfortable at first. The instructors are here to help you to clear things out.

**Please let us know if you face any difficulties.** Do not be afraid to ask if you have any queries. Please do let us know when you need any further clarification on any topic. The instructors and the members of the organisation are here to help you and answer to your questions. We care for your progress.

## **RULES OF THE TRACK**

You can overtake another rider from anywhere in the track (but NOT in the corner's entry). Aggressive (close) overtaking is NOT allowed. Make sure to keep a distance of three (3) meters from any other rider on the track. This is a strict rule.

This is not a race. Today you are a student and you must concentrate solely on your own driving style and your own progress.

Falling means the end of the course. However, we will try to be propitious.

We reserve the right to expel anyone from the track, if necessary for safety or other serious reasons.

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## **1st Drill**

### **COUNTER STEERING**

The aim of the exercise is to make it clear exactly what the rider is doing every time he/she changes direction on his/her motorcycle. What is it that we do, but without realising it?

A rider's main concern during the exercise is to feel exactly what movement he/she is making to lean his/her motorcycle into a turn.

For the purposes of the exercise, you should ride with your right hand on the steering wheel (throttle) and your left hand on the gas tank.

- During this drill we use 3<sup>rd</sup> gear and we do not use brakes

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## 2<sup>nd</sup> Drill

### **BODY POSITION**

With this exercise, we clarify what the rider's body position should be depending on the type of motorcycle he/she is riding and the environment he/she is riding in (track or road).

- During this drill we use one gear and we do not use brakes.
- **Attention:** From now on, we use both hands.

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## **3<sup>rd</sup> Drill**

### **ROTATION (ROTATION OF THE MOTORCYCLE)**

The effect that the correct use of the throttle has on the behaviour of the motorcycle. What is myth and what is truth. How to properly accelerate during the turn and why.

- During this drill we use one gear and we do not use brakes.

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## 4<sup>th</sup> Drill

### **BRAKING**

The aim of this drill is to clarify the correct way to use our brakes, at what time we should brake and what are the effects of braking on the stability of the motorcycle.

- During this drill we change gears and we use brakes



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## 5<sup>th</sup> Drill

### SEQUENCE OF MOVEMENTS

The aim of this last drill is for the rider to check himself/herself after the end of each turn, what he/she did right and what he/she did not. So that he/she immediately to correct his/her mistakes, returning to "full control" status. You must put all your movements in sequence in order to turn with safety and full control of your motorcycle.

Continuous improvement after the riding school is achieved by 'programming' the rider's brain to identify old habits and correct them.

- During this drill we use all the gears and we use brakes



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