
MC

MOTORCYCLING

ADVANCED RIDER TRAINING

How to improve your Slow Riding

Practice Layout

Exercise Summary

This document is intended to be used to support the guidance from your coach and sets out the exercises you need to practise consistently to be proficient at slow riding.

Exercise 1 – Slow Riding

This first exercise is designed make your more comfortable using the throttle, rear brake, and clutch efficiently. You should be riding just fast enough to prevent the steering from wobbling.

The second phase is to practice speeding up and then returning to slow control simulating filtering in heavy slow-moving traffic.

Exercise 2 - Slalom

This builds on the slow riding skills from the first exercise. Use as many cones as the space will allow.

Exercise 3 – Circle Outside - In

In this exercise you start getting to use to a tighter lock on turns. The inner circle you should do only do if you are comfortable getting to full lock.

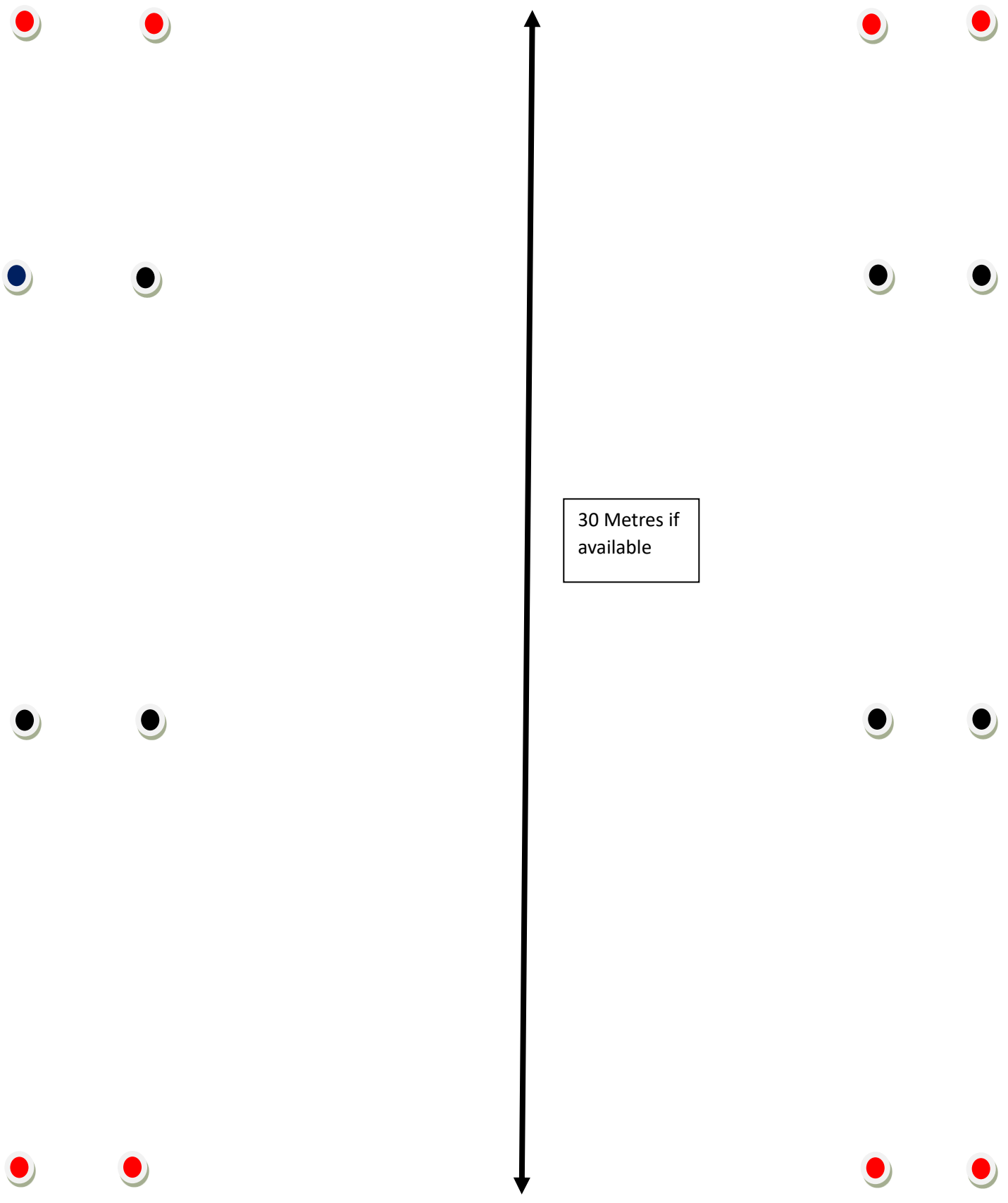
Exercise 4 – Figure of Eight

In this exercise you will practice managing the weight transference on opposite turns.

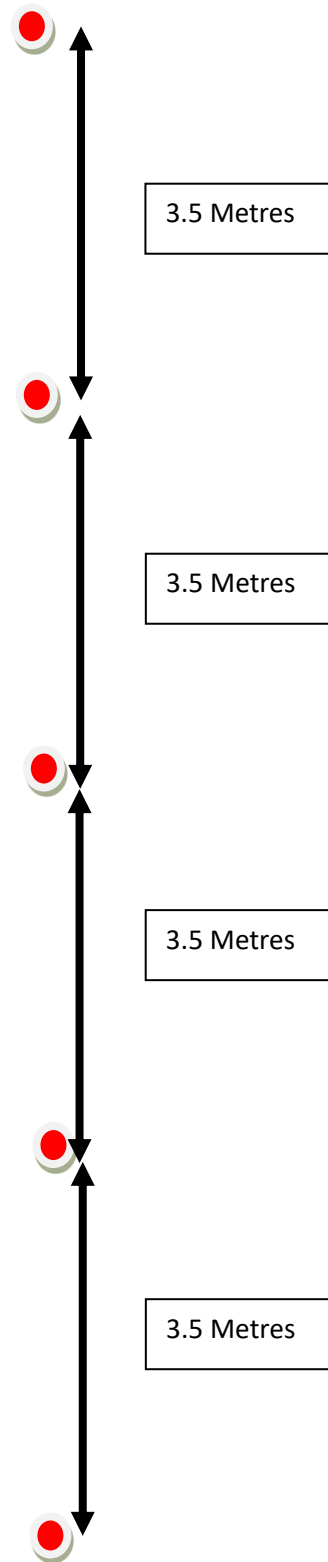
Exercise 5 – U-Turn

This exercise allows you to practice your U-turns on a layout that matches the average road. The life saver must be considered to ensure your safety when turning on the road and adds another layer of complexity.

Exercise 1 – Slow riding in a straight line

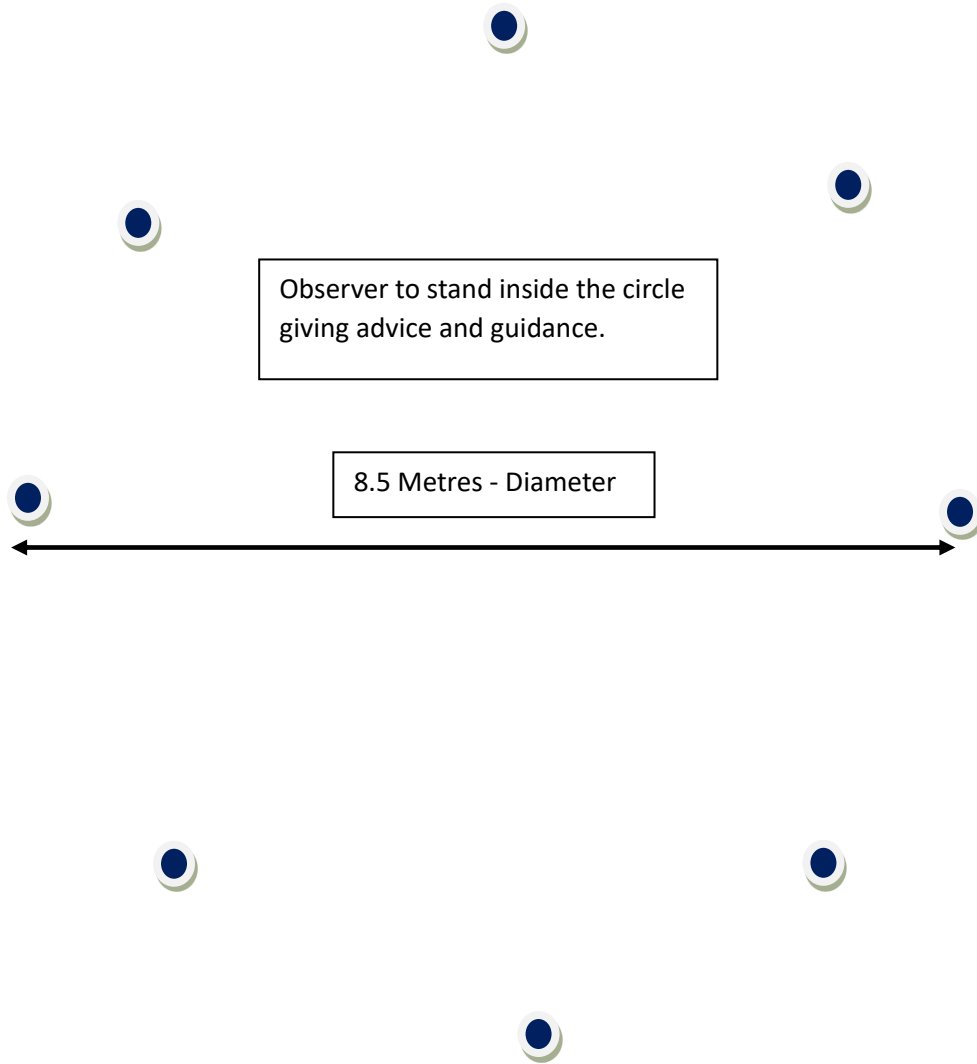


Exercise 2 –Slalom

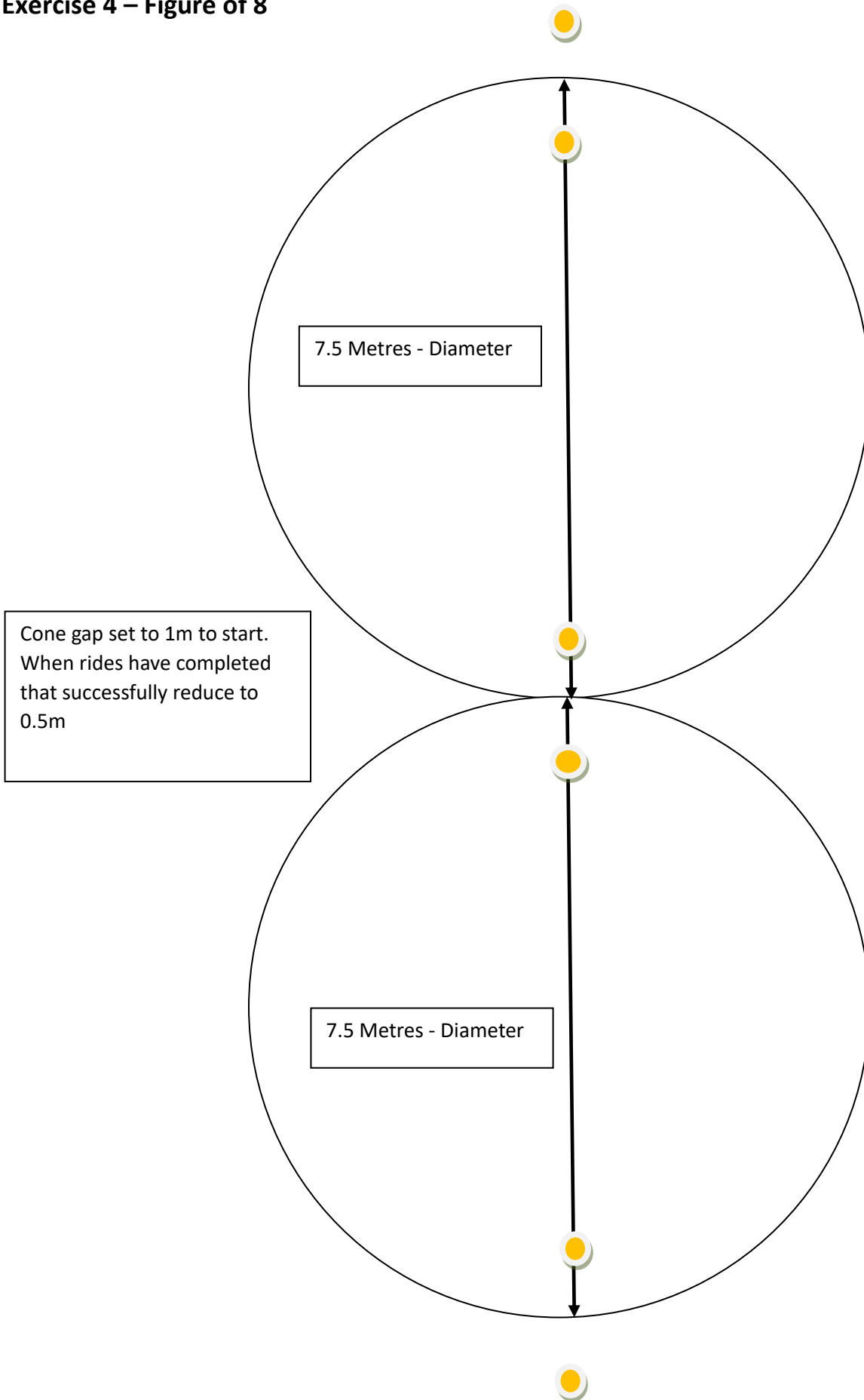


The slalom can be lengthened or shortened to the space available.

Exercise 3 - Circle – Outside - In



Exercise 4 – Figure of 8



Exercise 5 – U-Turn

