



Overview

Overview of Advanced Instruction

The purpose of advanced instruction is to provide a resource for the rider who wishes to take their understanding of the motorcycle and riding methods to the next level, from casual riding to performance street riding, track days or racing.

Improved understanding of the bike, the gear and technique provide the rider a better understanding of the holistic experience that can result in a more enjoyable ride, and most of all a safer operation of the bike on the track and street.

The term "precision" is performance riding in a nutshell. Smooth control operation, smooth movements and calculated decisions result in enhanced control of the bike to enable the rider to utilize the potential of today's sport motorcycles.

Focus

The primary focus of every rider should be safety. With everything considered extreme, there are risks, and respect for the bike and the physics associated with riding one is paramount. There are a few rules to live by that will establish if precision riding is for you;

Ride your own ride: There will always be someone faster than yourself, never ride outside of your comfort level to maintain another's speed. Your threshold must be resolved within your own ability.

Speed will come: As your skill improves, so will your ability to increase your speed. It is fundamental. Riding past your ability will result in a negative impact on your technique as you are trying to compensate for feedback generated by lack of control as opposed to progressively adapting subtleties from improved performance.

Superior Preparation: Bike Setup, Maintenance, Mental State and Safety Gear are all critical factors essential for performance riding. Before even turning the key all these issues should be completely addressed to ensure that you get the optimum performance from your bike and yourself.

If this sounds like you then fill out the following page to see where we should begin!



Rider Information Form

Rider Name: _____

Date: _____

Rider Specific

Years Riding: _____ Track Experience: _____

Perceived Skill Level _____ Hours Riding Per Month _____

Summary of additional relative experience

What do you wish to obtain from training (i.e.: Improved safety / Performance riding / Roadracing)

Equipment Specific

Bike Make: _____

Bike Model: _____

Bike Displacement: _____

Tire Make: _____

Tire Model: _____

Current wear %: _____

Safety Gear:

Leathers:	Gloves
Yes	Yes
No	No
2-Piece	
1-Piece	Helmet
Back Protector	in new condition
Yes	Yes
No	No

List Aftermarket Modifications:



Lesson Plan

Session 1

>> Classroom Session

Bike and Gear Assessment

Introduction to benefits of proper gear and bike setup

Tires and effect on performance

Suspension Dynamics and feedback introduction

Bike Geometry

Braking overview

Corner entry and exit

>> Riding Session

Riding Ability Assessment

Body position and riding posture

- Neutral riding position

- CG and lower body articulation

- Corner entry and exit transition

Controls operation

- Clutch and clutchless shifting

- Down shifting

- Throttle control

- Braking basics

>> Riding Session

Execution of concepts under observation

Session 2

>> Classroom Session

Performance braking for corner entry

Introduction to trail braking

Body position dynamics associated with braking

Corner entry relative to exit

- Offensive and defensive line

- Mid corner input and weight transfer

Body position for corner entry and exit

- Optimization of tire contact

- Chassis stability

- Why do riders drag the knee

>> Riding Session

Execution of concepts under observation



Lesson Plan

Session 3

>> No Classroom Session

>> Riding Session

Series of lead by example and behind rider review

Rider feedback - what is working and what is not

Rider review - Instructor assessment of weaknesses and strengths and identify potential safety issues

Pending rider learning curve, increase complexity of road to apply concepts.

Optional Sessions

>> California Track Day Optional

Complete safety gear required / minimal bike prep / new tires recommended

66% of on track instruction / 33% rider application of technique

>> Buttonwillow Raceway, CA (Clockwise or Counter Clockwise)

Very diverse track, good for first track day to apply new concepts

Very hot in the summer

>> Infineon Raceway, CA (Clockwise)

Advanced track, Expensive entry. The ultimate roadracing experience

>> Laguna Seca Raceway, CA (Counter Clockwise)

Advanced track, Expensive entry. Very demanding on rider.

>> Thunderhill Raceway, CA (Counter Clockwise)

Long Track, Fast Straight, Very hot in the summer

>> Willow Springs, CA (Clockwise)

The fastest track in the west, Very hot in the summer, excellent for improving high speed cornering

Optional Features - (Pending Rider Response)

>> Video capture and post analysis

>> Chatterbox communications Real time feedback



Transmit Document

Additional Questions

>> Please include any questions or concerns that you might have

Contact Information

Rider Name: _____

Email Address: _____

Phone: _____

Preferred method of contact: _____

Submit Email

>> Step 1: Save Document

>> Step 2: Email Document