

CONREP

Simulated Practice Guide

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This information is designed to help you understand the purpose of each simulated practice. Each simulated practice is designed to target a specific focused muscle memory. It is not intended to teach a riding skill.

As you understand the original intent you should be able to accomplish the simulated practices without over teaching or providing too much information. This will help the students accomplish the actual intent of the simulated practice and accelerate their learning process.

Exercise 1. Motorcycle Familiarization

One complete simulated practice and should not be rushed. Use the full time allotted. This is where you and your assistant should be watching and evaluating each student carefully to make sure they are all completing each aspect of the practice correctly. This is also the time that you will evaluate your motorcycles to make sure all are in working order.

Exercise 2. Using the Friction Zone

Focused Muscle Memory: HAND/FINGER MOVEMENT

Provide Simulated Practice of: Friction Zone

Suggested Verbiage: SQUEEZE ~ EASE

Exercise 4. Shifting & Stopping

Focused Muscle Memory: COORDINATION OF HAND AND FOOT

Provide Simulated Practice of: Shifting

Suggest Verbiage: Stress SQUEEZE CLUTCH ~ SHIFT Minimize SHIFT

Exercise 5. Adjusting Speed & Turning

Focused Muscle Memory: VARYING WRIST POSITION WITH HANDLE BAR MOVEMENT

Provide Simulated Practice of: Steady throttle with handlebar turns

Suggest Verbiage: Prompt Riders to Roll on about ¼ turn of throttle

Non-Verbally direct left & right handle bar movement

(Re-enforce "steady throttle" to riders)

Exercise 7. Cornering

Focused Muscle Memory: COORDINATING HEAD AND ARM MOVEMENTS

Provide Simulated Practice of "Look and Press"

Suggest Verbiage: LOOK – PRESS, Provide non-verbal directional signals of left and right

Exercise 9. Stopping Quickly

Focused Muscle Memory: COORDINATING MOVEMENT of HANDS & FEET

Provide Simulated Practice of: Stop procedure

Suggest Verbiage: REACH – SQUEEZE (Progressive right-hand squeeze)

OPTIONAL Stress SQUEEZE BOTH HANDS, PRESS BOTH FEET

Exercise 10. Limited-Space Maneuvers

Focused Muscle Memory: COORDINATING MULTIPLE CONTROL INPUTS

Provide Simulated Practice of: Counterweighting with handlebars & head turned.

Suggest Verbiage Turn head, Turn Bars, Lean motorcycle, Counterweight.

Exercise 11. Pressing to Initiate Lean

Focused Muscle Memory: Firm initial pressure on the Handlebars without moving the eyes.

Provide Simulated Practice of: Pressing to lean the motorcycle

Suggest Verbiage: PRESS – LEAN, Provide non-verbal directional signals of left and right
(Make sure all riders lean motorcycle in direction of press)

Exercise 12. Cornering Judgment

Focused Muscle Memory: COORDINATING HEAD AND ARM MOVEMENTS

Provide Simulated Practice of “look and press”

Suggest Verbiage: LOOK – PRESS provide non-verbal directional signals of point left and right

Exercise 14. Stopping Quickly in a Curve

Focused Muscle Memory: COMBINATION OF ARM MOVEMENTS
THEN HANDS & FEET INPUTS

Provide Simulated Practice of: Two step stopping procedure

Suggest Verbiage: STRAIGHTEN, THEN BRAKE

Exercise 15. Obstacles & Lane Changes

Focused Muscle Memory: (SEQUENCING of (HAND) or (THUMB) ARM MOVEMENT)

Provide Simulated Practice of: Lane change movements

Suggest Verbiage: mirrors, signal, head check, cancel signal

Exercise 16. Avoiding Hazards

Focused Muscle Memory: ARM MOVEMENT WITHOUT UPPER BODY MOVEMENT

Provide Simulated Practice of: Swerving with upper body straight

Suggest Verbiage: Stress PRESS – PRESS, Minimize SWERVE

(Ensure upper body remains straight)

Provide non-verbal directional signals of left and right