

# Precision Riding Clinic Practice/Skills Assessment Guide

*There is no prerequisite for this workshop; however, all participants are expected to be able to perform the following skills (prior to registering for the course):*

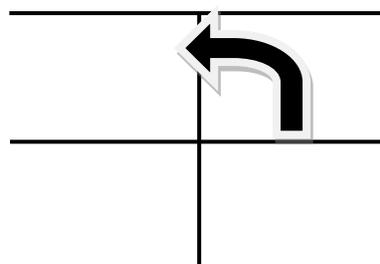
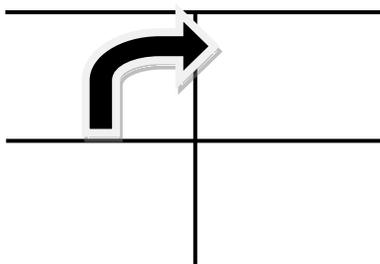
1. Complete 90 degree turns from a stop while staying within lane boundaries
2. Complete U-turns in 24 feet or less without putting a foot down
3. Achieve minimum standards for maximum braking as follows:
  - a. 13 feet or less at 15 MPH
  - b. 23 feet or less at 20 MPH
  - c. 31 feet or less at 25 MPH
  - d. 44 feet or less at 30 MPH
4. Have sufficient clutch and throttle control to maintain vehicle control at low speeds

Here are some suggestions for practicing these skills and gauging your own riding proficiency. These can be done in a parking lot using the parking lot lines. NOTE: The decision to allow you to practice on that parking lot is up to the property owner/manager.

These suggestions are based on 10 foot wide parking spaces. If the parking spaces you use are wider or narrower, adjust accordingly.

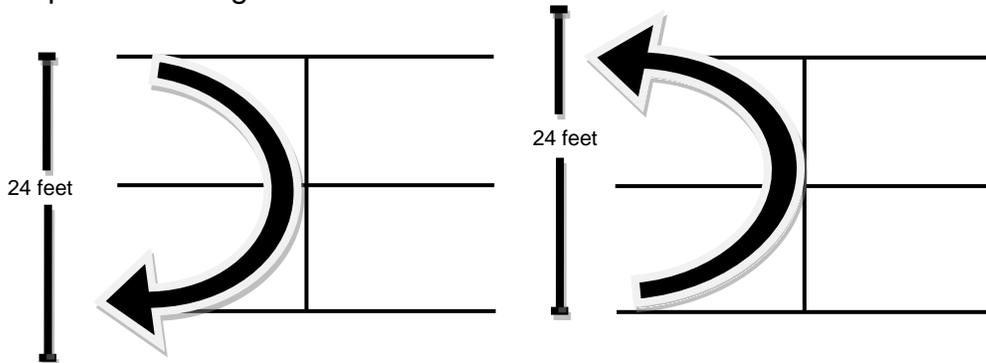
## **90 degree turns from a stop**

1. Place your motorcycle perpendicular to the center of the parking stall line (place your front tire on the line)
2. Turn your handlebars in the direction you want to go and place your inside foot (your right foot if you are turning right) on the ground
3. Lean the motorcycle slightly in the direction you want to go. Turn your head and look in the direction you want to go
4. Roll on the throttle and ease out the clutch to move forward
5. Keep the bars turned, keep the bike slightly leaned, and keep your head and eyes looking through the turn as you make the turn
6. When the bike has enough speed for balance, pick up your foot. (NOTE: It is acceptable to take a couple of steps as you gain enough speed for balance)
7. You should complete the 90-degree turn without crossing the next parking stall line



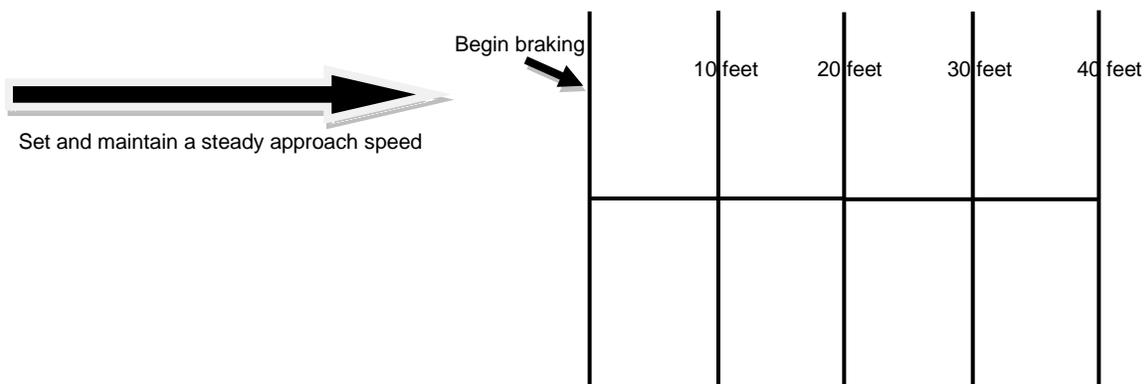
### U-turns in 24 feet or less

1. Enter the parking stall just to the right of one of the lines
2. Turn right to make a U-turn
3. Turn your head and look all the way to the end of the U-turn (back where you entered from)
4. Use the clutch and throttle together to control speed and balance
5. You should complete the U-turn within 4 feet of the second parking stall line (take 2 parking spaces plus 4 feet)
6. Repeat – making a left U-turn



### Maximum braking

1. Ride perpendicular to the parking lines (so you are crossing a line every 10 feet)
2. Accelerate to the desired speed from the list above (15, 20, 25, or 30 MPH)
3. Begin braking at one of the lines (this is your 'zero' mark)
4. Use both brakes (gradually increasing pressure on the front brake) to stop and keep your head and eyes up
5. Once you are stopped, use the lines to estimate your distance (each line you crossed is 10 feet). Measure your distance using the leading edge of your front tire.



### Maintain vehicle control at low speeds

1. For this practice you'll need some kind of marker – we recommend tennis balls cut in half, or small cones
2. Use the intersection of the parking lines and starting at one intersection, put a marker at the first, fourth, seventh, and tenth intersections
3. This should give you a line of 4 markers that are 30 feet apart
4. Now go back and put markers in the middle of each of those 4 – now you have a line of 7 markers that are 15 feet apart
5. Finally, take the three markers you just put down and move them each 3 feet to the left – now you have a 7 marker series to create an off-set weave (just like we do in the **STAR** courses)
6. Ride to the right of the first marker, left of the second, and so on
7. Use the clutch and throttle together to control speed and balance – remember, a little bit of speed gives the bike stability and allows it to lean (riding very slowly will make this more difficult)
8. Keep your head and eyes up, looking where you want to go next – not down at the cones

