

EAST SUSSEX ADVANCED MOTORCYCLISTS



Motorcycle control at low speeds or slow manoeuvring



Slow manoeuvring

For some associate this is the scary bit. But as we all know experience is the key and practice makes perfect. With only two wheels a clumsily executed manoeuvre may result in an accident even on a clear road. Thus practising some basic slow riding in large controlled area can benefit both new and experienced riders.

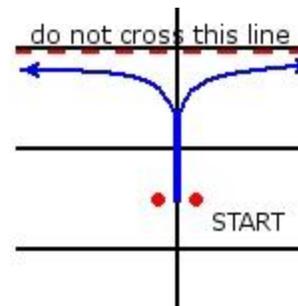
Safety First and some practical tips

- To practice find a large space that is interference free where there's no need to worry about pedestrians other road users.
- Check the surface for oil, gravel or any other debris that may cause a lack of traction.
- Wear full safety gear - i.e. helmet, jacket, gloves etc. just in case.
- Ensure the bike is in full working order e.g. tyres the right pressure, tread depth, oil level is within the limits etc.
- Take a friend to watch out for you e.g. ensure that no third party is going to spoil your concentration.
- Take some cones (coffee cups will do if it's not windy or plastic bottles held down with some water) and some large pieces of chalk (there's plenty on the down in Sussex).
- If you are using a car park the marked out bays may be useful in judging distances or just use the chalk and markers.

- As you reach cone A push the bars left or right depending which way you have decided to go to swerve round cone B
- The challenge come when the distance between A and B are reduced

Exercise 5 Turn from a complete stop

- Place the cones as in the diagram below
- Draw a "do not cross this line"

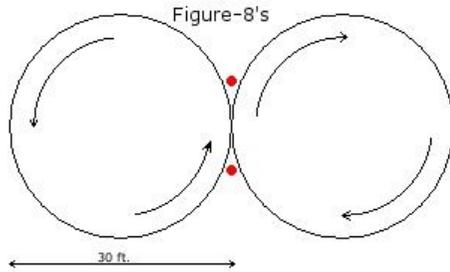


- From a standing start allow the bike to trickle forward in a straight line
- Turn as you approach the line
- The challenge is to get as close to the "do not cross this line" as possible before turning without falling off.
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Have Fun!

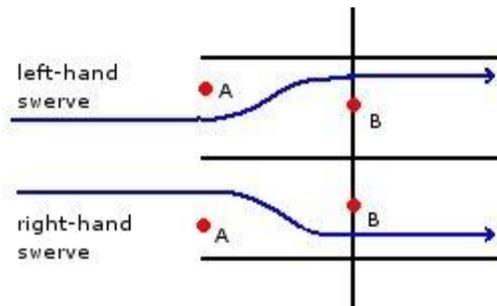
Exercise 4 Slow Speed Figure of 8

- Draw or place cones in two 30 foot circle as in the diagram below, placing two cones at the junction of the circles.
- For the greater challenge reduce the size of the circles



Exercise 5 Obstacle Swerve

- Position the cones as in the diagram below with A and B about 8 feet apart to start



- Before starting the exercise determine which way to swerve
- Ride towards the cones in a straight line reducing your speed to a walking pace as you reach cone A

Slow Speed Exercises

- Sit firmly upright on the bike, knees against the tank and feet on the pegs
- Too much movement in the saddle will interfere with your steering inputs
- Always look where you are going not at the ground in front of you or that's where you'll end up
- Open the throttle a small amount - not too little or the bike will potentially stall and that can be a disaster. Not too much or you will reduce the life of your clutch. About 3-4k should be sufficient depending on your bike.
- Find the friction point of the clutch. This is where the clutch is neither fully engaged or fully disengaged. Knowing the bike's friction point will help taking off smoothly
- Use first gear
- Use the back brake to control the speed. This will mean that the engine and brake are working against each other slightly

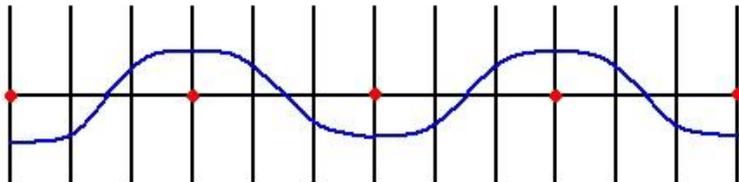
Exercise 1 - Moving off from a standstill and moving slowly in a straight Line

- Start from standstill
- Point the bike straight ahead
- Hold the bike still on the back brake
- Raise the revs to about 3-4k

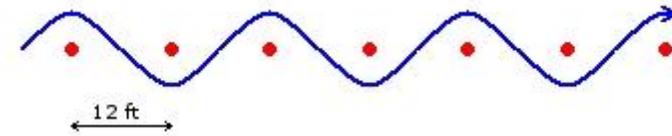
- Release the clutch to the friction point until you feel the bike wanting to move forward
- Control the forward movement by releasing the back brake gently
- Keep slipping the clutch and allow the bike to move forward in a straight line
- Bring your left foot onto the peg as soon as you feel comfortable
- Try to keep the speed to a walking pace
- Look where you are going and continue in a straight line for a reasonable distance leaving yourself enough space to turn around comfortably
- The key is smoothness

Exercise 2 - Slow speed cone weave

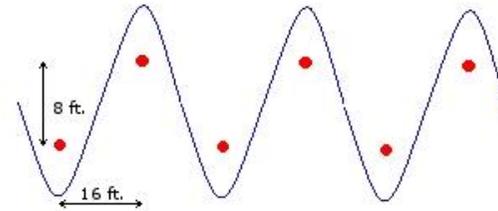
- Set some cones out in a straight line about 30 feet apart (10 paces).
- The goal is to weave between the cones keeping your balance, controlling the speed using a combination of clutch, throttle and rear brake.



- Next challenge - reduce the distance between the cones to approximately 12 feet



- And for a more challenging variation. Set the cones 16 feet apart with 4 foot offset from the straight line



Exercise 3 Slow Speed Circles

- Mark out a 30 foot diameter circle. This may be done with a 15 foot rope and a piece of chalk.
- Practice riding around both clockwise and anti-clockwise
- When you feel comfortable then for a greater challenge reduce the size of the circle by 4 foot increments
- Just keep looking through the turn to where you want to go

