

Intended for use exclusively with *Dual Sport Riding Techniques DVD*. All drills shown are potentially dangerous- try them at your own risk! Unauthorized duplication prohibited.



Dual Sport Riding Techniques- Field Guide

This “field guide” is intended as a compliment to the *Dual Sport Riding Techniques DVD* for a viewer to print and bring along when practicing, to remind them of the drills covered in the DVD. It does not present the theory or finer points of practice-- please refer to the DVD for that detail. This document is designed to serve as a reminder for practice-- no more.

The drills described in the DVD and outlined here are designed to isolate individual skills needed for off-road riding, and thus create an optimal learning environment. You will get the most out of them by practicing them slowly and at a level that is comfortable for you. If you are struggling, do not push through, but instead, try to make the drill easier in some way to gain understanding. Know your limits, respect them, and don't attempt anything beyond your skill. By practicing these drills, you take responsibility for all risk, and hold Motopeak, LLC, Dualsportriding.com, and all associates harmless.

Drill # 1: Body Position



Object: To gain comfort with using the controls from the attack position.

Short Description: With the bike on a stand, work on finding a comfortable attack position. Focus on each part of your body individually, and try moving around.

Terrain Required: Flat ground, bike on centerstand or crate.

3 Key Points:

- Practice moving around, front to back, side to side, as well as shifting and braking.
- Turn throttle like a doorknob- shake hands with it by keeping your elbows up.
- Hips above pegs, comfortable bend in knees and waist, attention up and ahead!

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Drill # 2: Rolling Terrain



Object: To make moving on the bike instinctive, while retaining good throttle control.

Short Description: Find gently rolling terrain, and ride slowly across in a straight line. Maintain a neutral position at all times, and focus on keeping even throttle control as the bike moves beneath you.

Terrain Required: Gently rolling terrain, with a short and easy uphill, and a short and easy downhill in a straight line. Often, a mound of dirt works well for this drill.

3 Key Points:

- Stay neutral relative to the ground, not the bike.
- Practice letting the bike move smoothly beneath you, always maintaining throttle control.
- The more fluid your motion, the less energy you'll expend, the longer you can ride.

Drill # 3: Turns and Figure 8's



Object: To learn how to minimize demands from the front tire.

Short Description: Ride the bike in slow circles and figure 8's, leaning the bike into the turn while your body counterbalances to the outside.

Terrain Required: Flat, open area, with consistent traction and firm ground.

3 Key Points:

- Maintain balance- as the bike leans in, keep your body out and push on the outside footpeg.
- Roll your foot on the peg to allow your hips to move separately from the footpegs.
- Straighten your inside arm, bend your outside one, and find an easy position front to back.

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Drill # 4: Cone Weave



Object: To drive the bike from your feet and hips, and make staying above the bike instinctive.

Short Description: Set up low cones (or half tennis balls) at roughly 20 foot intervals in a straight line. Weave slowly through the cones, steering with peg inputs as much as possible.

Terrain Required: Flat, open area, with consistent traction and firm ground.

3 key points:

- Steer the bike with peg weight- minimize upper body/ handlebar input.
- Inside peg weight to turn in, outside peg weight to maintain and finish.
- Attention up- look thru the current turn to set a line for the next one.

Drill # 5: Hill Climbs



Object: To learn correct body position, and to manage torque and avoid spinning the rear wheel.

Short Description: Ride very slowly up a moderate hill, slipping the clutch to avoid stalling or wheelspin, practicing body position and managing traction.

Terrain Required: Moderate hill with consistent traction, good sight lines, and safe runout on both top and bottom.

3 key points:

- Hips in front of pegs, pull on bars for traction
- Slip clutch to keep rear wheel hooked up
- The slower you can go, the more you'll learn

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Drill # 5a: Hill Turns



Object: To refine body position when climbing, and to combine two fundamentals as you would on the trail.

Short Description: Ride slowly up a moderate hill, turning back and forth across the face without stopping. You will essentially combine the turn drill with the hillclimb drill, just as you might need to on the trail.

Terrain Required: Wide, moderate hill with consistent traction, good sight lines, and safe runout on both top and bottom.

3 key points:

- Turns will require weight on the front wheel by keeping hips forward
- Use same form for turns as on flat- bike in, body out, kept in balance
- Look through the turns and keep your attention ahead of your current position

Drill # 5b: Hill Starts



Object: To learn how much drive is available on the hill, and refine clutch control.

Short Description: Come to a stop part way up an easy hill, and then restart while avoiding wheelspin.

Terrain Required: Easy or moderate hill with consistent traction, good sight lines, and safe runout on both top and bottom.

3 key points:

- Finesse is key! You must minimize wheelspin to get moving.
- Keep your weight forward and be smooth to avoid wheelies.
- Get both feet on the pegs and stand up as quickly as possible.

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Drill # 6: Braking and Speed Control



Object: To understand how to load the front tire, and how to smoothly control the brakes.

Short Description: While rolling down a gentle hill, practice controlling your speed using both the front and rear brakes.

Terrain Required: Moderate hill with consistent traction, good sight lines, and safe runout on both top and bottom.

3 key points:

- Ease into the brakes to load the chassis. Avoid sudden changes in brake pressure, on or off.
- If the tire slips, ease out of the brake until the tire regains traction, then ease back in.
- Get your hips behind the pegs as the bike slows to maximize weight into the pegs.

Drill # 6a: Multiple Stops



Object: To learn to load the chassis quickly, and feel the traction available.

Short Description: While descending a hill, make multiple quick stops on the way down.

Terrain Required: Easy or moderate hill with consistent traction, good sight lines, and safe runout on both top and bottom.

3 key points:

- As before, ease into the brakes to load the chassis. As it loads, continue squeezing harder.
- The object of the drill is to develop a feel for the front tire as it bites in.
- Choose the hill carefully, so that if you become uncomfortable, you can let the bike roll out to the bottom.

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Drill # 7: Panic Stops



Object: To practice loading the chassis on flat ground, and to make correct brake use and posture instinctive for an emergency situation.

Short Description: In an open area, draw a line with plenty of runout room beyond. Approach the line at a slow pace, and as soon as the front tire crosses, slow and stop as quickly as you can.

Terrain Required: Flat, open area, with consistent traction and firm ground.

3 key points:

- As with speed control and braking on a hill, finesse and gently loading the chassis is critical.
- Practice very slowly to minimize the risk from skidding the front tire.
- Try to avoid skidding the rear tire- doing so lessens both stopping power and control.