

As an instructor, your goal is to demonstrate exercise technique(s) and skills to (better) help students achieve the exercise objectives. Your priority should be to always show the correct, complete, well-timed, separated, and exaggerated technique. A secondary priority is showing (enough) path of travel.

It is critical for instructors to verbalize evaluation points during each demonstration. Students should hear key evaluation points as they see it being demonstrated.

Unless noted, demonstrations can typically be viewed from the staging area. Instructors should stand behind students, speaking through them, while verbalizing evaluation points.

All (novice riding courses) demonstrations have common elements:

- All demos should be at a realistic novice speed.
- Use a training motorcycle as appropriate for the course.
- Put on all riding gear prior to mounting the motorcycle.
- Use correct mounting procedure.
- Use correct starting procedure as outlined in the curriculum.
- Ensure eye protection is in place prior to moving.
- When stopped, place both feet on the ground. Use the step-step-ride technique when starting to move. (2-wheel).
- Use 4 fingers when squeezing the clutch and brake levers (2-wheel).
- Use correct riding posture as outlined in the curriculum.
- Use correct riding technique for all exercises.
- Show enough path of travel to allow students to understand the exercise.
- Use correct shut-down procedure as outlined in the curriculum.
- Use correct dismounting procedure.
- Remove riding gear only after dismounting.

Suggested Demonstration Sequence

Ex. # 02 – Using the Friction Zone

Demo	Pt.#1	Show posture review; rock (multiple times)
	Pt.#2	Rock (multiple times. (heels down/toes up to flat-foot)
	Pt.#3	Power walk to other side; neutral/ready signal; 90/270° turn; shift to 1 st ; Ride back; neutral/ready signal; 90/270° turn; proper shut down and dismount.

Ex. # 03 – Starting and Stopping Drill

Demo	Pt.#1	Take (end) bike and power-walk (left) to 1st cone; power-walk to 2nd cone; power-walk to 3rd cone; step-step-ride to 4th cone; step-step-ride to last cone; power-walk corner
	Pt.#2	Step-step and ride to last cone; power-walk corner; stage bike in line.

Ex. # 04 – Shifting and Stopping

Demo Clutch control lanes, stop at near side start point;
Shifting/stopping lane, stop, perimeter turn, clutch control lanes, stopping at far side start point;
Shifting/stopping lane, stop, perimeter turn, clutch control lanes; stopping at near side start point;
stage in parking area.

Ex. # 05 – Adjusting Speed and Turning

Demo Perimeter lap (speed selection), weave lap weave, stop in line (at last weave cone);
Reverse (teardrop), weave ½ lap (other side), stop in line;
Reverse and stage.

Note: There should be appropriate speed adjustment (difference) between turn and long-side run.

Ex. # 06 – Control Skills Practice

Demo Ride down middle to pause-n-go, clutch control lane, perimeter turn, weave
Ride down middle to pause-n-go, clutch control lane, perimeter turn, weave
Ride down middle to pause-n-go, clutch control lane, perimeter turn, stage.

Ex. # 07 – Cornering

Demo Ride onto oval for 2 or 3 laps, wedge off oval, stage. (Reversals may not need to be shown.)

Ex. # 08 – Matching Gears to Speed

Demo Ride a reversal (teardrop), ride perimeter for 2 or 3 laps, stop (far side) near single end cue cone;
Reverse (teardrop), stage.

Ex. # 09 – Stopping Quickly

Demo Pt.#1 Ride down middle of range to near side start cones; quick-stop lane, perimeter turn,
crossed pause-n-go's, stop at far side start point;
Quick-stop, perimeter turn, crossed pause-n-go's, stop at near side start point;
Pt.#2 Quick-stop -on signal, perimeter turn, down middle of the range, stage.

Ex. # 10 – Limited-Space Maneuvers

Demo Ride around to near-side starting gate, 24' U-turn area, S-turn, perimeter turn, stop at cue cones;
20' U-turn area, S-turn, perimeter turn, stop at cue cones, stage.

Ex. # 11 – Pressing to Initiate Lean

Demo	Pt.#1	Ride to starting cue cones; ride offset press/lean lane, slow (don't stop) for coaching, weave, stop at cue cones;
	Pt.#2	Ride 2 continual laps slowing for corner, weave, then stage.

Ex. # 12 – Cornering Judgment

Demo	Ride to starting cue cones, show both (left) curves (typically outer/larger gate first) highlighting SLOW (early), Look, Press and Roll; stage. (Right curves are usually not shown.)
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Ex. # 13 – Negotiating Curves

Demo	Ride to starting cue cones, ride 90°/135° (left) curves, stop at coaching point; Reverse, ride 90°/135° (right) curves, stop at coaching point, stage.
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Ex. # 14 – Stopping Quickly in a Curve

Demo	Show a curve highlighting "straighten" (pause), then "brake" with handlebars squared, crisscrossing to other curve entry point. Show other curve. (Typically the demo rider stops well past the curve lines.)
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Students should be positioned outside curve (stopping) area to see "straighten then brake" technique – safely away from demo rider path-of-travel.

Ex. # 15 – Obstacles & Lane Changes

Demo	Pt.#1	Ride perimeter showing obstacles.
	Pt.#2	Ride a lane-change, stop at coaching point, turn-from-a-stop (R), weave. Rode a lane-change (other direction), stop, turn and weave, park in-line.

Students should be positioned near the coaching position – to the outside of the perimeter – allowing students to compare lane changes vs. swerving.

Ex. # 16 – Avoiding Hazards

Demo	Pt.#1	Swerve/escape lane, stop; turn-from-a-stop (R), weave. Swerve/escape lane (other direction), stop; turn-from-a-stop (R), weave. Quick-stop (prior to swerve point), weave, park in-line.
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Signals don't have to be shown, or emphasized, during the demo.

Students should be positioned near the coaching position – to the outside of the perimeter – allowing students to compare lane changes vs. swerving.