



CALIFORNIA SUPERBIKE SCHOOL LEVEL ONE - DRILL SHEET

Date _____

Name _____

Bike number / description _____

Dear Rider,

I've prepared this booklet for your use. Here are the drills you'll be working on today.

Record some notes on your progress and observations. Do this today or over the next few days, while it is still fresh in your mind.

We wish you all the best in discovering the art of cornering.

Steve Brouggy

The basic schedule for today

- Report to the briefing room immediately after each of your riding sessions (unless otherwise instructed).
- You **MUST** attend the briefings and be on time for each.
- There are five briefings and five track sessions
- Get through your off-track (between sessions) drill.

Do your part

Your responsibility in today's training is:

1. **Be a student.** Listen to the technical briefings that have been prepared for you. You will be coached on these techniques by your on-track instructor.
2. **Do the drills.** When you are on-track just do the drills as laid out in the briefings. Some drills take longer to master; you may feel rough and mechanical with them at first. We'll do our very best to help you sort them out.
3. **Let us know if you are having any difficulties.** Ask if you have questions. Say something if you need more attention from your on-track coach or any of our staff. We're totally interested in your progress and we are here to help.

ON-TRACK ETIQUETTE / RULES

1. You may pass anywhere on the track but no aggressive (close) passing. You must leave a minimum of 6-8 feet between yourself and any rider you pass on the track. This is strictly enforced!
2. No racing. You are a student today, pay attention to your own riding and improvement.
3. Crashing ends your day. There are exceptions to this rule. We reserve the right to determine this.
4. We reserve the right to park anyone.

Off-track Drill

We want each Level 1 student to get through the STEERING DRILL today. There will be an instructor posted in the area where it is set up (usually the paddock or pit lane). You can do this drill during the break between the technical briefing and your riding sessions. Staff will direct you to it.

Note - This drill not available at some circuits due to lack of facility to do so. Also may be postponed / cancelled due to rain.

As the day progresses, please write a brief description of your observations after each track session, like:

- * What improvements did you notice?
- * Did you have any new awareness about your riding?
- * Did the exercise help you to get a better feel for controlling your machine?
- * Did you notice anything which really needs some work - like a particular uncertainty, hesitation or technique you didn't fully grasp?

Please ask for on-track instruction. That's what we're here for, to help you improve. Ask me (Steve) and I will assign you an instructor or answer your question.

Steve Brouggy

Drill #1
THROTTLE CONTROL

The rider's basic job while cornering is operating the throttle, the motorcycle's most used control. Mastering the throttle brings out the best in you AND your bike.

The riding format for this session is limited to one gear (4th for most tracks), no brakes.

Material References:

"A Twist of the Wrist, Vol II", Ch. 2-6, pages 6-31

"The Soft Science of Road Racing Motorcycles", Ch. 7, pages 64-70; Ch 7 pages 72-76; Ch. 8 pages 84-89; Ch. 9 pages 100-113; Ch. 10 page 121; Ch. 10 page 128; Ch. 11 page 143; Ch. 11 page 144.

Drill #2
TURN POINTS

We make this one easy. Now it's up to you. Every corner has a turn entry position putting you in control of that turn. By setting and marking them on the course we are spoon-feeding you on this drill, just to get the idea across. Choosing and using a turn point is the end result of this exercise.

The format for this drill is two gears (usually 3rd & 4th) no brakes. You are welcome to stay in one gear if you are making good progress towards the goal of the no-brakes riding format.

Material References:

"A Twist of the Wrist, Vol. II" Ch. 18 Pages 80-83.

"The Soft Science of Road Racing Motorcycles" Ch. 4 page 40; Ch. 5 page 57; Ch. 11 page 142.

Drill #3
QUICK TURNING

Both safety and fun are the objects of mastering the feeling and action of steering your bike quickly enough - when you need or want to.

The format for this session is two gears, very light braking. You may stay in one gear if you choose or continue no brakes.

Material References:

"A Twist of the Wrist, Vol. II" Ch. 15-17 pages 66-78.

"The Soft Science of Road Racing Motorcycles" Ch.5 pages 50-52; Ch.11 page 146 & 148

Drill #4
RIDER INPUT

Persuading your bike to cooperate with you is mostly a matter of technique, not the expensive suspension parts you buy for it. The less busy you are, the better.

The format for this session is three gears, light braking. Or, stick with what has been working for you from the earlier formats.

Material References:

"A Twist of the Wrist, Vol. II" Ch.7,8,9,10,11, pages 32-53

Drill #5
TWO-STEP TURNING

This exercise introduces you to the LEVEL 2 visual skills and drills. The process of gathering and processing visual information in cornering begins here, a moment before you enter the corner.

The format for this riding session is full gears and brakes. Or, stick with what has been working for you from the earlier formats.

Material References:

“A Twist of the Wrist, Vol. II” Ch. 23 pages 98-101.

Your next Level...
LEVEL 2

Rapidly processing visual information is the most fundamental building block to anyone's riding. Level 2 continues on with the visual skills; the “Two Step” technique you just did is the first of them. There will be five new exercises in Level 2. So until we see you again, practise and drill all your Level 1 technical points and skills. When you are ready to book in for level 2, please contact us via our website or give our friendly booking staff a call on the number below.

www.superbikeschool.com.au



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