

MOST DRILLS

DRILL 18 MOST cone weave & U Turn (drill 2)

- This test is done at whatever speed, and whatever gear you choose.
- On the testing officers signal, mirror, mirror head check, head check.
- At the starting point engage fast idle friction and rear brake (FIFPRB)
- Starting to the left of the first cone, weave through all 5 cones.
- Upper body stays quiet.
- Eyes to the horizon, focus on the end ball.
- Turn the chin and proceed to the U turn, stay in (FIFPRB)
- Enter the U turn, turn your chin early, continue to turn the handlebars, look at your exit point.
- Keep the upper body quiet or counter-weight if required.
- After completing the U-turn, stop near to where the testing officer is standing.
- After the testing officer has spoken to you. Mirror, mirror, head check, head check when setting off again

DRILL 19 MOST Turn left & stop in box (drill 1)

- Make a left turn through the marked yellow lines. Make a smooth, non-skidding stop with the contact patch of the front tyre completely inside the white painted box.
- This test is done at whatever speed, and whatever gear you choose.
- On the testing officers signal, mirror, mirror head check, head check.
- Approach the left turn, prepare your speed prior to the left turn (FIFPRB)
- Use the space, enter from the right hand side, turn the chin and maintain (FIFPRB) whilst turning the handlebars.
- Turn your chin, look towards the box.
- Proceed to the box and stop with the contact patch of the front tyre in the box. On the line is considered outside the box.
- Mirror, mirror head check, head check before you set off again.

DRILL 20 MOST Emergency Braking (drill 3)

- On the testing officers signal, mirror, mirror head check, head check.
Proceed between 20-25km/h, make a quick speedo check just prior to the 1st set of cones
- Throttle in millimetres accordingly.
- When the front edge of your front tyre passes the yellow cones, begin braking to bring you motorcycle **to a complete stop as quickly and as safely as you can.**
- Mirror, mirror head check, head check before you set off again.

DRILL 21 MOST Obstacle turn (drill 4)

- On the testing officers signal, mirror, mirror head check, head check.
Proceed between 20-25km/h, make a quick speedo check just prior to the 1st set of cones
- Throttle in millimetres accordingly.
- When the front edge of your front tyre passes the yellow cones, steer to the right or left) the side the testing officer is standing on to avoid hitting the half tennis balls.
- Then, turn back in before hitting the side blue lines, ride through the marked exit.

DRILL 22 Corners T intersection / sharp corner

- As you approach the corner, gear down to wash off speed.
- Check your mirrors prior to the corner.
- Turn on your indicator.
- Check for oncoming cars.
- Engage the rear brake and look through the corner.
- Counter steer through the corner, once the corner is completed disengage the rear brake and turn off your indicator.
- Check your mirrors.. is there a car behind you?

DRILL 23 Slow speed riding U turn

- Approach at slow speed
- Apply the rear brake, bring the clutch into the friction point and apply fast idle with the throttle.
- Turn the chin and look where you want to go, keep turning the handlebars.
- Maintaining a smooth (FIFPRB) will make for a
- Exiting the U- turn, decrease the throttle in millimetres, slowly release the rear brake and clutch and begin to throttle up.

DRILL 24 Hill Start

- Right foot on rear brake and left foot on the ground.
- Know your clutch friction point. As you release the clutch the bike will move forward at the friction point., Apply the throttle gently prior to the friction point,
- Be mindful, you are on a hill now, whilst releasing the clutch increase the throttle in millimetres, a couple of seconds after, start releasing the rear brake (you will require a little more than you would on a flat road) listen to the engine. The bike may roll back slightly, this means not enough throttle, or you have released the rear brake too early. Pull the clutch, apply the rear brake and start the process again..... Relax

DRILL 25 Foot brake in corner & slow sweeping corners

- Slow down and regulate your speed prior to the corner.
- Start out wide, turn your chin and look where you want to go.
- Apply the rear brake softly just prior to the corner, counter steer in the direction you want to go.
- Finish the corner in the centre of your lane and looking ahead where you want to go.