

# **CONREP**

# **Simulated Practice Guide**

**February 2, 2006**

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### Exercise 2. Using the Friction Zone

**Focused Muscle Memory:** HAND/FINGER MOVEMENT

**Provide Simulated Practice of:** Friction Zone

**Suggested Verbiage:** SQUEEZE ~ EASE

### Exercise 4. Shifting & Stopping

**Focused Muscle Memory:** COORDINATION OF HAND AND FOOT

**Provide Simulated Practice of:** Shifting

**Suggest Verbiage:** Stress SQUEEZE CLUTCH ~ SHIFT Minimize SHIFT

### Exercise 5. Adjusting Speed & Turning

**Focused Muscle Memory:** VARYING WRIST POSITION WITH HANDLE BAR MOVEMENT

**Provide Simulated Practice of:** Steady throttle with handlebar turns

**Suggest Verbiage:** Prompt Riders to Roll on about ¼ turn of throttle  
Non-Verbally direct left & right handle bar movement  
(Re-enforce “steady throttle” to riders)

### Exercise 7. Cornering

**Focused Muscle Memory:** COORDINATING HEAD AND ARM MOVEMENTS

**Provide Simulated Practice of** “Look and Press”

**Suggest Verbiage:** LOOK – PRESS, Provide non-verbal directional signals of left and right

### Exercise 9. Stopping Quickly

**Focused Muscle Memory:** COORDINATING MOVEMENT of HANDS & FEET

**Provide Simulated Practice of:** Stop procedure

**Suggest Verbiage:** REACH – SQUEEZE (Progressive right-hand squeeze)

**OPTIONAL** Stress SQUEEZE BOTH HANDS, PRESS BOTH FEET

### Exercise 10. Limited-Space Maneuvers

**Focused Muscle Memory:** COORDINATING MULTIPLE CONTROL INPUTS

**Provide Simulated Practice of:** Counterweighting with handlebars & head turned.

**Suggest Verbiage** Turn head, Turn Bars, Lean motorcycle, Counterweight.

### Exercise 11. Pressing to Initiate Lean

**Focused Muscle Memory:** Firm initial pressure on the Handlebars without moving the eyes.

**Provide Simulated Practice of:** Pressing to lean the motorcycle

**Suggest Verbiage:** PRESS – LEAN, Provide non-verbal directional signals of left and right  
(Make sure all riders lean motorcycle in direction of press)

### Exercise 12. Cornering Judgment

**Focused Muscle Memory:** COORDINATING HEAD AND ARM MOVEMENTS

**Provide Simulated Practice of** “look and press”

**Suggest Verbiage:** LOOK – PRESS provide non-verbal directional signals of point left and right

**Exercise 14. Stopping Quickly in a Curve**

**Focused Muscle Memory:** COMBINATION OF ARM MOVEMENTS  
THEN HANDS & FEET INPUTS

**Provide Simulated Practice of:** Two step stopping procedure

**Suggest Verbiage:** STRAIGHTEN, THEN BRAKE

**Exercise 15. Obstacles & Lane Changes**

**Focused Muscle Memory:** (SEQUENCING of (HAND) or (THUMB) ARM MOVEMENT)

**Provide Simulated Practice of:** Lane change movements

**Suggest Verbiage:** mirrors, signal, head check, cancel signal

**Exercise 16. Avoiding Hazards**

**Focused Muscle Memory:** ARM MOVEMENT WITHOUT UPPER BODY MOVEMENT

**Provide Simulated Practice of:** Swerving with upper body straight

**Suggest Verbiage:** Stress PRESS – PRESS, Minimize SWERVE

**(Ensure upper body remains straight)**

Provide non-verbal directional signals of left and right