

**14th International
Motorcycle Conference**



**Cologne
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A Theoretical and Practical Course on Motorcycle Safety

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Introduction



- ✓ Rider assistance technologies are important, but nothing substitutes a well-trained rider when the subject is safety.
- ✓ Many motorcycle schools are mostly concerned with training the rider to pass the driver's license examination.
- ✓ Many people ride with minimum skills, being exposed to accidents.
- ✓ Even many advanced riding courses focus on practical skills and do not pay much attention to the theoretical part.
- ✓ My Way MS considers the theoretical part as important as the practical and has developed a method that focus on both theoretical concepts and practical exercises.

The Concept of the Course



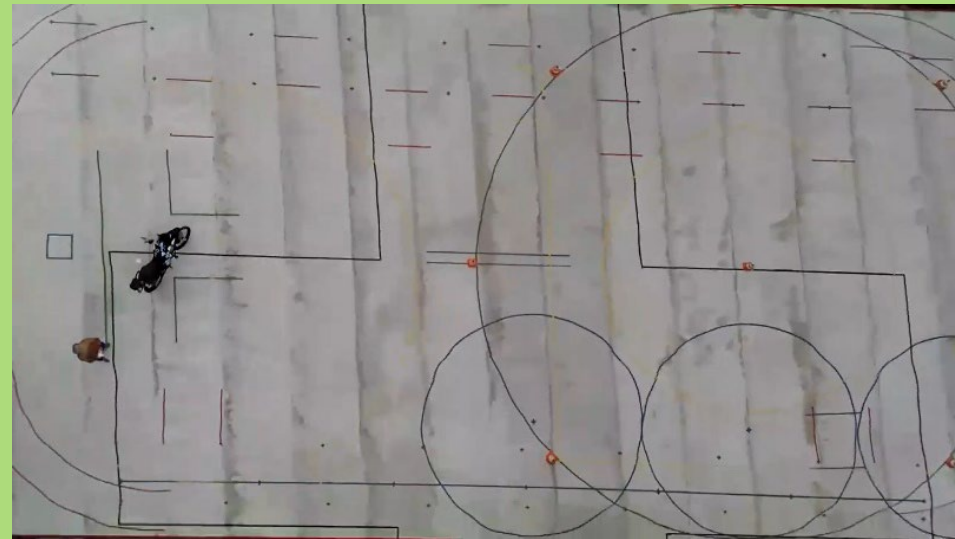
- ✓ **My Way MS offers basic to advanced training on preventive riding using its own methodology, in an exclusive area or in other adequate places.**
- ✓ **The concept “Preventive Riding” is important to avoid going into the “Defensive Riding”.**
- ✓ **Prepares motorcyclists to ride in any real situation on the regularly paved streets or roads.**
- ✓ **The course held at the My Way MS Motorcycle Training Center can be individual or for up to five participants. Exercises can be adapted to the riders’ ability and needs.**
- ✓ **The course is divided in a theoretical and a practical part. The theoretical part is important for the rider understand why he/she is doing each specific exercise, and so he/she will do it much better and without fear.**

The Motorcycle Training Center



- ✓ The MTC consists of two parts designed to provide motorcycle training at low and medium speeds, both on- and off-road.
- ✓ The MTC also has other facilities for equipment storage, theoretical classes, feeding and hydration, resting room with shower, etc.
- ✓ Videos with examples: <https://youtu.be/0ewed65x00I>
- ✓ https://youtu.be/U9fgJ_IYeoA
- ✓ <https://youtu.be/vdaml9lxzPs>
- ✓ <https://youtu.be/9tXH5-TX7Yc>
- ✓ <https://youtu.be/RJeNnbyXQaU>.
- ✓ Other videos with tips and information about motorcycle safety can also be seen in the channel.

The Motorcycle Training Center

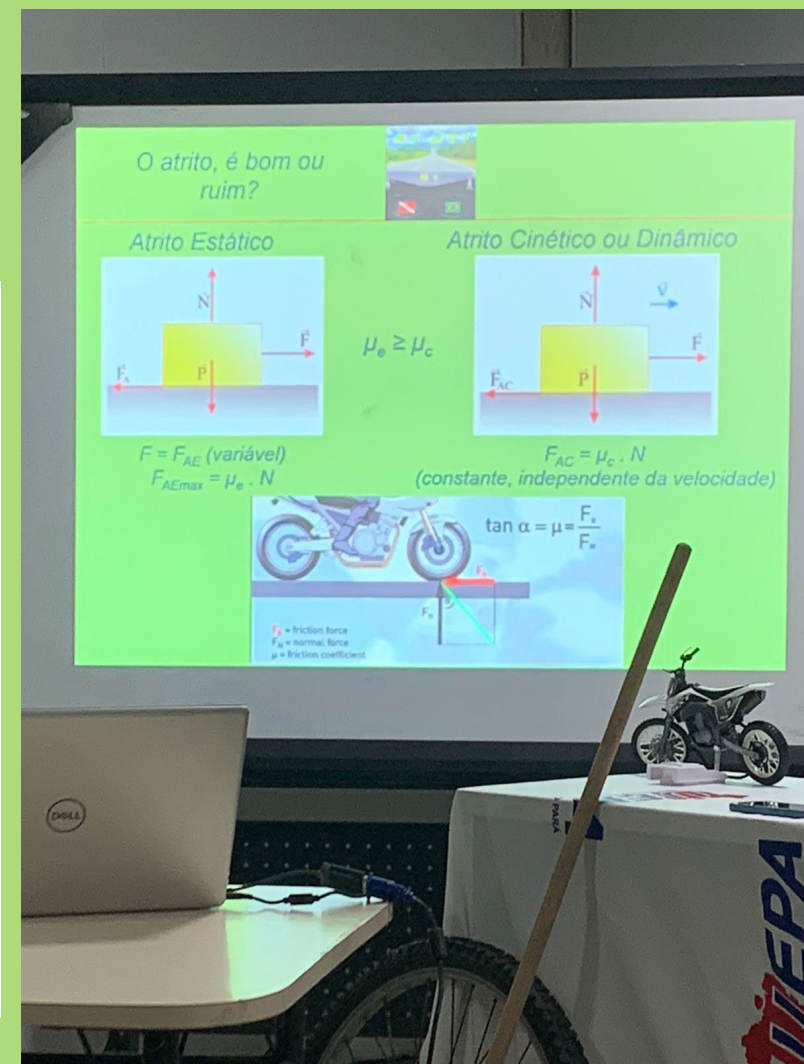
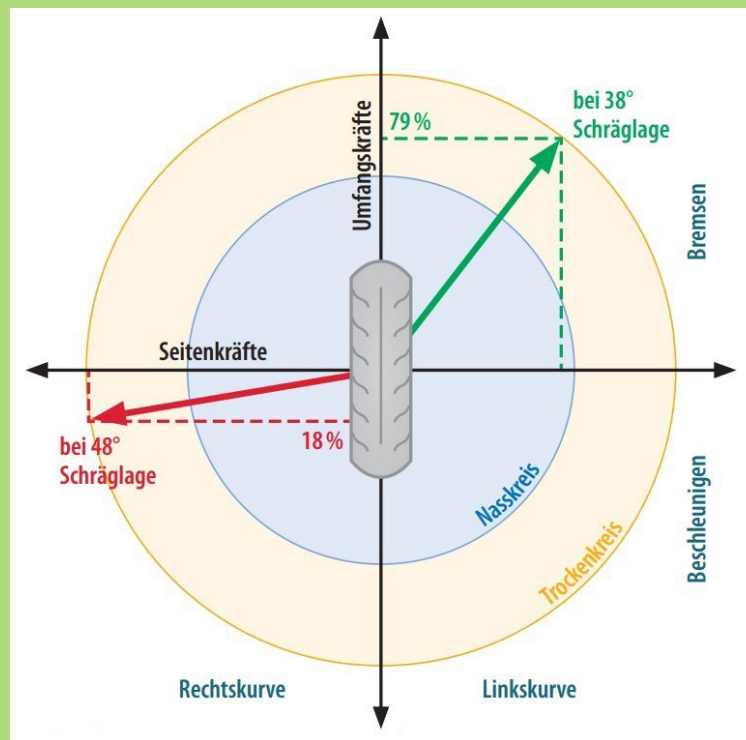
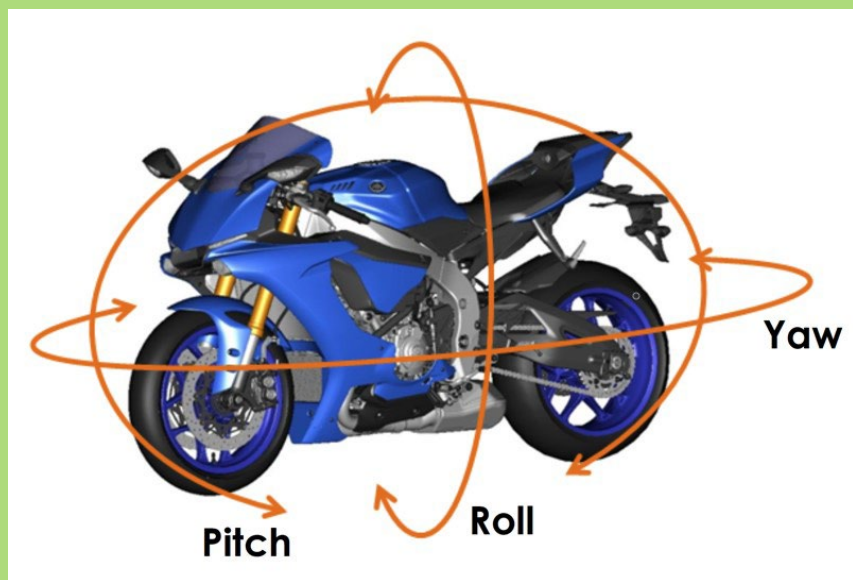


The Theoretical Part



1. The Basics of Motorcycle Physics;
2. The Choice of the Adequate Motorcycle;
3. The Choice of Protective Riding Gear;
4. Motorcycle Controls Adjustments and Riding Posture;
5. Adequate Care with the Rider and the Passenger;
6. The Three A's Rule (**Attention, Assessment, Action**);
7. The Correct use of the Motorcycle and Rider Resources (**COFRES**);
8. Techniques of Slow Speed Maneuvers;
9. Braking Techniques;
10. Cornering Techniques;
11. Riding in the Dark, Rain, Cold, and other Adverse Conditions;
12. Preventive Riding;
13. Riding with a Passenger and Load;
14. Group Riding.

The Theoretical Part



The Practical Part



1. Adjustment of the motorcycle commands, use of the central stand, mounting and dismounting, correct riding position.
2. Learning the motorcycle static balance and how to lift a dropped motorcycle.
3. Throttle, clutch, and rear brake control.
4. Learning the motorcycle balance during motion.
5. Slow ride (Turtle Race).
6. One-hand control, with one hand at a time. **(Interval for resting and hydration)**
7. Slaloms: short (3 to 4 m), medium off-set (5 to 6 m), and long (8 to 9 m).
8. Controlled stop.
9. Circles with diameters of 15 m, 11 m, 8 m, 6 m, and 5.5 m.
10. Figure eight 20 x 10 m or smaller.
11. U-turn with 7 m width or smaller.

The Practical Part

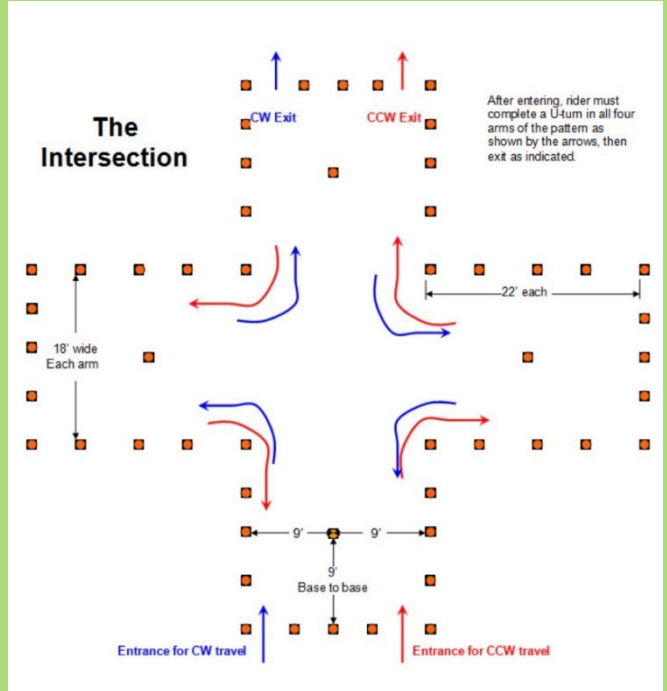
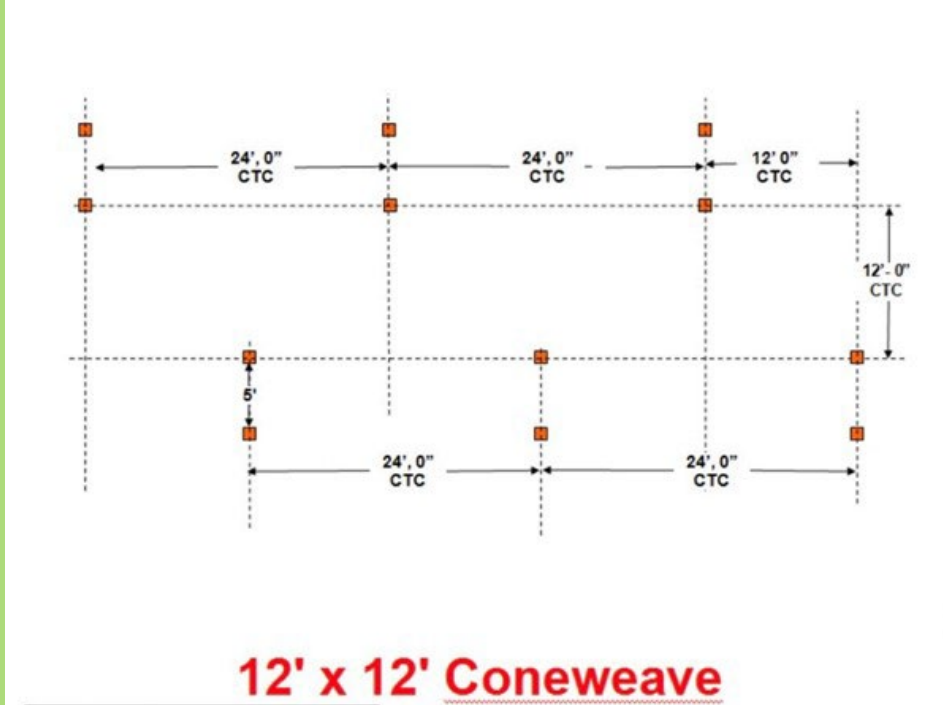
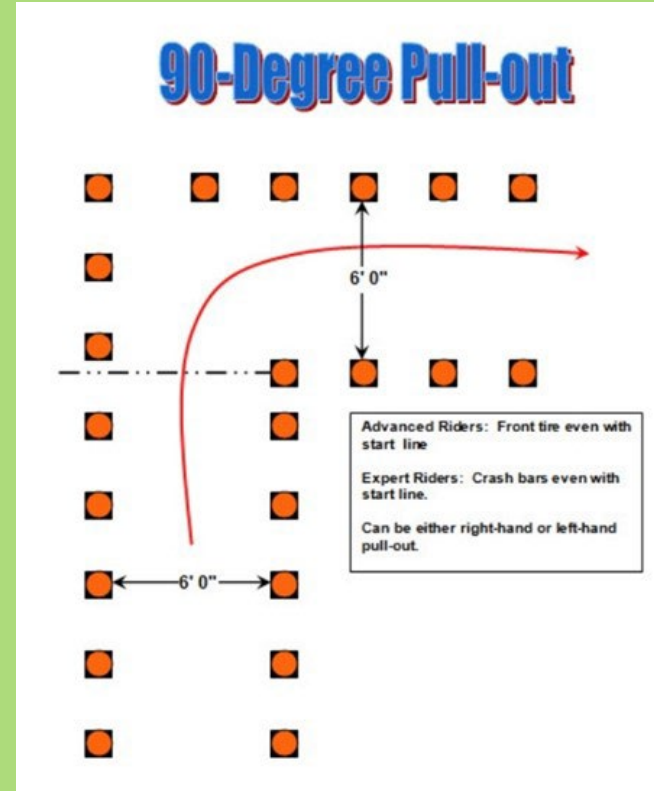
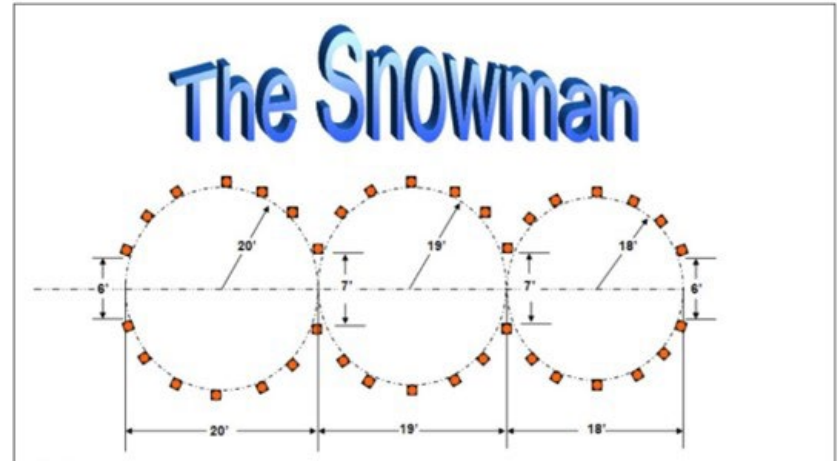
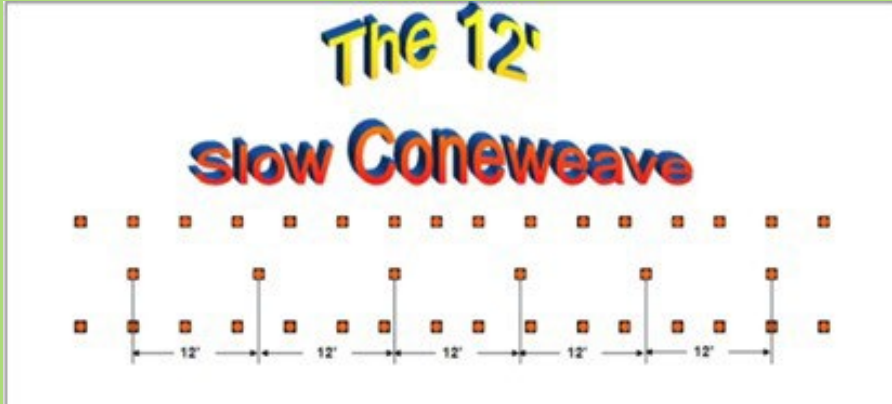


12. 90-degree pull-out.
 13. 90-degree right and left turns.
 14. Off-set cone weave (Snake Trail). **(Interval for resting and hydration)**
 15. Group riding to a nearby restaurant. **(Lunch and rest)**
 16. Start on a slope.
 17. Group Riding back to the training center. **(Interval for resting and hydration)**
 18. Emergency braking on dry and wet pavements.
 19. Obstacle swerving with and without braking.
 20. Obstacle runover. **(Interval for resting and hydration)**
 21. Intersection (Iron Cross) (7 m wide x 7 m long).
 22. Cornering (on a 3.5-m lane and 7.5-m radius).
- Closure, course evaluation, and certificates delivery. Return to Belém and observation of the participants' skills.**

The Practical Part



The Exercise Patterns



Example of the course held outside the MTC



Conclusion



- ✓ Preventive Riding Course based on the author's experience as a professor and researcher during more than forty years, and as a more committed motorcyclist for the last fourteen years.
- ✓ The importance of teaching the theory consistently before going to the practical training.
- ✓ The participants make quicker progress when they understand why they are doing a specific exercise and the principles behind it.
- ✓ The exercises are adapted from the author's experience with other courses, training videos, and his experience practicing and instructing these drills.
- ✓ The course has been applied successfully to several groups of riders with different ages, riding experience, skills, and motorcycle types and sizes.
- ✓ The course has always been very well evaluated, and some small modifications have been implemented.



THANKS

FOR YOUR

ATTENTION!

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