

# Off-road riding

---

## ***Skills Development***

### **Table of Contents**

1.	Standing & distributing weight .....	1
2.	Standing motionless (balancing) .....	1
3.	Start/Stop for distributing weight.....	2
4.	Balancing (riding as slow as possible) .....	2
5.	Riding while standing.....	2
6.	Swing a leg over seat while riding.....	3
7.	Weaving / Slalom .....	3
8.	Hard Stopping .....	4
9.	Stop & Go.....	4
10.	Rear Brake Slide .....	5
11.	Wheel Placement.....	5
12.	Wheelie (Clutch initiated) .....	5
13.	Grinding .....	6
14.	Drifting .....	6
15.	Wheelie (Front brake initiated) .....	6
16.	Front brake skid .....	7
17.	Lifting up the bike after dropping.....	7
18.	Walk the bike using the “friction zone” .....	8
19.	Descending Steep hills .....	8
20.	Restarting on a hill .....	8
21.	Riding through sand.....	9
22.	Turn around on a hill.....	9

---

## 1. Standing & distributing weight

**Position:** Standing

**Objective:** To get familiar with moving your weight forward and backward, for the sake of disturbing your weight as needed. You'll need this skill regularly, as you ride through complex environments..

**Action:** While standing, with ball of foot on pegs, move your body forward (*slightly over the bars*), and then backward (*buttocks hanging over rear of bike*) with arms stretched forward.

---

## 2. Standing motionless (balancing)

**Position:** Standing

**Objective:** Staying balanced, and stopped in one place

**Action:** While standing on the pegs, use clutch, brake and gas to maintain balance. Progress to small circles, small figure 8's

---

### 3. Start/Stop for distributing weight

**Position:** Standing

**Objective:** To get familiar with moving your weight forward and backward, for the sake of disturbing your weight as needed, as you start or stop.

**Action:** While standing, with center of foot on pegs, move your body forward (*slightly over the bars*), and then backward (*buttocks hanging over rear of bike*) with arms stretched forward.

---

### 4. Balancing (riding as slow as possible)

**Position:** Standing or sitting

**Objective:** To learn how to move the bike at the slowest possible speed.

**Action:** While standing or seated, ride forward very slowly, using the clutch, brake and throttle to control your speed.

---

### 5. Riding while standing

**Position:** Standing

**Objective:** To get comfortable with riding while standing.

**Action:** While standing, ride around parking lots, or large areas to become familiar & comfortable with riding while standing. Weight on balls of feet, looking at least 50' ahead.

---

## 6. Swing a leg over seat while riding

**Position:** Standing

**Objective:** To become comfortable moving around the bike, and learn what happens when all your weight is placed on one foot-peg.

**Action:** While standing, lift one leg over the seat, and hang it out, alongside the other leg. Both legs end up on Right side, or Left side of bike during drill.

---

## 7. Weaving / Slalom

**Position:** Seated or standing

**Objective:** To learn how to redistribute the weight from side to side, in order to better navigate turns which come in sequence.

**Action:** While seated or standing, ride forward between markers (cones, or rocks) initiating a slide of the rear-wheel, as you enter each turn.

---

## 8. Hard Stopping

**Position:** Standing

**Objective:** To learn how to manage abrupt and aggressive stops while standing.

**Action:** While standing, riding at Medium speed, grip bike firmly between knees. Apply brakes aggressively, being careful not to go over the handlebars, while managing to stop the bike completely. End with feet on the ground.

---

## 9. Stop & Go

**Position:** Seated

**Objective:** To learn how to balance the bike when stopped, moving forward again after a very brief time stopped.

**Action:** While seated, ride forward with front and rear wheels on opposite side of railroad track. Carefully managing the steering angle, and throttle to maintain forward momentum, while not jumping the rear wheel over the tracks.

---

## 10. Rear Brake Slide

**Position:** Seated

**Objective:** To learn how to slide the rear end of the bike, on command

**Action:** From medium speed, while seated, aggressively apply rear brake to cause the bike to slide. Catch the slide, and continue to next slide.

---

## 11. Wheel Placement

**Position:** Sitting

**Objective:** To learn how to place your wheel consistently, and deal with riding in ruts.

**Action:** While standing or seated, ride in a rut, over railroad ties, or on top of a railroad track. Repeat the drill to become proficient at moving with precision.

---

## 12. Wheelie (Clutch initiated)

**Position:** Seated

**Objective:** To initiate the front wheel rising up, on command, while also using the rear brake to drop the front wheel back to the ground, as needed.

**Action:** With med throttle, while moving, rev the throttle and release the clutch. The front end will rise, so you must use the rear brake to drop the front end. Repeat this numerous times to get the feel for controlling wheel rise using the rear brake.

---

## 13. Grinding

**Position:** Standing or sitting

**Objective:** To learn how to manage the bike when the rear wheel is “grinding” through obstructions and obtrusions.

**Action:** While standing or seated, ride forward with front and rear wheels on opposite side of railroad track. Carefully managing the steering angle, and throttle to maintain forward momentum, while not jumping the rear wheel over the tracks.

---

## 14. Drifting

**Position:** Seated

**Objective:** To learn how to slide the rear-end of the bike, in a continuous, flowing motion.

**Action:** While seated, on a slick surface, practice sliding the bike in circles (clockwise and counter-clockwise).

---

## 15. Wheelie (Front brake initiated)

**Position:** Seated

**Objective:** To learn how to manage a very aggressive stop, using mostly the front brake.

**Action:** While seated, ride forward at medium speed, apply front brake very aggressively and allow the rear-wheel to rise into the air. As soon as the rear-wheel is in the air, release the front brake, and recover/repeat.

---

## 16. Front brake skid

**Position:** Seated

**Objective:** To learn how to manage the bike when the front wheel begins to slide, when you cannot allow yourself to lose momentum.

**Action:** While seated, riding at medium speed on a surface that is loose (dirt, sand on dirt, small gravel on packed dirt) apply the front brake to cause it to stop, while continuing to apply the throttle to maintain forward momentum.

---

## 17. Lifting up the bike after dropping

**Position:** Off the bike

**Objective:** To learn how to lift the bike after a fall, or an off.

**Action:** Extend kickstand if bike has fallen to RH side. Assume a squatting position with one hand on bar end, and other on lift point. Continue to push until the bike rises all the way up.



---

## 18. Walk the bike using the “friction zone”

**Position:** Off the bike

**Objective:** To learn how to move the bike while standing next to it.

**Action:** Standing next to the bike, release the clutch to midpoint, allowing the bike to start moving forward. Avoiding the throttle, and while using the clutch lever, walk the bike around a flat area. Gradually try to do this over small obstacles, and up small hills.

---

## 19. Descending Steep hills

**Position:** Standing

**Objective:** To learn how to descend a steep hill.

**Action:** Evaluate the hill and look for a run-out point. With ABS disabled, put your weight back, extend your arms, and let the bike “run” down the hill slowly, while sliding the back end, if necessary.

---

## 20. Restarting on a hill

**Position:** Seated

**Objective:** To restart forward progress, with minimum wheelspin, after stopping on a hill.

**Action:** Release the clutch until you feel forward movement. Add a little throttle, gaining enough speed to stand on the pegs, and continue up the hill.

---

## 21. Riding through sand

**Position:** Seated

**Objective:** To ride through sand

**Action:** Weight back, control the bike with your feet (not the handlebar) and keep a relaxed grip, with your eyes up. Let the bike track where it wants to go, don't steer with the bars. Feel the bike "dance in the sand".

---

## 22. Turn around on a hill

**Position:** Seated

**Objective:** To turn around and go down a hill, after stopping prematurely.

**Action:** Slowly engage the clutch, and release the rear brake. Initiate the turn-around by turning the left hand in, lean the bike into the hill. Once Horizontal on the hill, saw the handlebars back and forth (lock to lock) until the bike is headed downhill.

*Credits: Thanks to all of those expert riders who have created videos, and written books that are related to off-road riding.*