



# Honda Safety Institute

**FIM riding course**  
**September 3<sup>rd</sup> 2016**  
**-Basic plan-**



Honda Instituto de Seguridad

## Location



Honda Motor Europe ,ES  
Barcelona Metropolitan Area

Address  
C/ Mar del Nord 1, Poligon Industrial La  
Torre del Rector 08130  
Santa Perpètua de Mogoda, Barcelona

## Training Sections

TTL surface 20.000m<sup>2</sup>

- *HIS building* 1
- *Asphalted pad* 2
- *Off Road track* 3
- *Brake section (ABS)* 4
- *Balance, Absorption, Ramp* 5



## Assets



**HIS building:** Reception, 4 lecture rooms , Riding Trainer room, workshop, garage, changing rooms and showers available. Lecture rooms already equipped with PC projector.

**HIS Motorcycles:** 11 NC700S, 5 CB500F, 11 SH125, 9 Vision 50, 12 CRF125F, 4 CRF70F, 4 CRF50F, 1 CBF600ABS, 1 SH300ABS.

All these bikes are to be lend to all participants.



### Riding equipment:

Helmets, gloves, chest & shoulder protection, as well as elbow and knee protection. Off road boots available too.

All these material is to be lend to all participants.



Riding Trainer room: 16 units available.



## Program

03/Sep/2016			
FIM Training			
15 participants	3 instructors		
Timming	GROUP A	GROUP B	GROUP C
9:00	RECEPTION		
9:05	FIM THEORETICAL SESSION		
11:00	Break		
11:10	WARM-UP 1		
11:25	Equipment		
11:35	WARM-UP 2		
11:45	OFF-ROAD	AGILITY	BRAKING, ABS, RAMP
13:30	Lunch		
14:15	AGILITY	BRAKING, ABS, RAMP	OFF-ROAD
16:00	Break		
16:10	BRAKING, ABS, RAMP	OFF-ROAD	AGILITY
17:55	Get changed		
18:05	Q&A		
18:15	End		

## Riding Techniques 1

**Agility-Slalom : 20 MIN**



**Circles & "8s" : 20 MIN**



**Cornering & engine brake : 20 MIN**



**Low speed manouvers: 20 MIN**



## Riding Techniques 2

**Balance & absorption : 30 MIN**



**START & STOP in a ramp: 15 MIN**



**Counter Steering: 30 MIN**



## Braking

Dry surface: 45 MIN



Slippery surface: 45 MIN



## Riding over slippery surface -Off Road-

90 min



For this activity we use CRF125 units. They are small, light and very easy to ride bike.  
Off road activity gives a lot of FUN but also is very useful to understand bike dynamics and how to react to critical situations like wheel lock & sliding.  
Track is completely flat. No jumps.  
All riders will be equipped with Off Road riding gear.