



FIM riding course
September 3rd 2016
-Basic plan-





Honda Instituto de Seguridad





TTL surface 20.000m²

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



Salitand Holle

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.

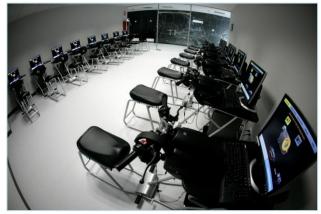


Riding equipment:

Helmets, glooves, 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

00/OCP/2010			
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



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Riding Techniques 2

Balance & absorption: 30 MIN



START & STOP in a ramp: 15 MIN





Counter Steering: 30 MIN





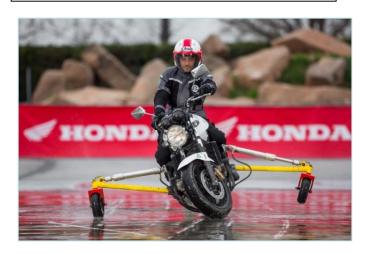
Braking

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.