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# Honda Safety Institute



Moto-Tour Assistant Training Course  
1<sup>st</sup> October 2022





Location



Adress  
c/ Mar del nord 1, Poligon Industrial la  
Torre del Rector 08130  
Santa Perpètua de Mogoda, Barcelona



## Assets



**HIS Building:** Reception, 4 lecture rooms, Riding Trainer room, workshop, garage and showers available.

Lecture rooms already equipped with PC projector.

**HIS motorcycles:** 11 NC700S, 2 CB500F, 11 SH125i, 9 Vision50, 12 CRF125F, 4 CRF50F, 4CRF70F, 1 CBF600ABS, 1 SH300ABS

All these bike 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 are to be lend to all participants.



**Riding Trainer room:** 16 units availables





Programme

FIM Europe T/As Training Schedule (October 1, 2022)			
Timing	15 participants / 3 instructors		
	GROUP A	GROUP B	GROUP C
9:00	RECEPTION		
9:15	Theory on Touring (FIM Europe instructors)		
11:00	WARM-UP 1		
11:15	Equipment		
11:30	WARM-UP 2		
11:45	OFF-ROAD	AGILITY	BRAKING, ABS, RAMP
13:00	Break		
13:15	AGILITY	BRAKING, ABS, RAMP	OFF-ROAD
14:45	Lunch		
15:30	BRAKING, ABS, RAMP	OFF-ROAD	AGILITY
17:00	Get changed - Break		
17:30	Theory: First-aid (FIM Europe instructor)		
19:00	End		





Riding techniques 1

Agility-Slalom: 20 MIN



Cercles & “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.



