

ESSENTIAL OFF-ROAD RIDING NOTES

IMPORTANT

1. Warm-up before riding. Apply full body motions. Row forward and back as well as weight on outside, elbows out and looking around corner.
2. Pop controlled wheelies – timing. Ensure primary controls setup correct.

PRIMARY CONTROLS

1. **Throttle** – roll the throttle on and off. Cover the front brake with 1 or 2 fingers for better throttle control.
2. **Front brake** – Cover with one or two fingers for immediate application. Setup and squeeze.
3. **Rear brake** – Setup and apply as required for terrain. Lock for emergency brake purposes.
4. **Clutch** – Cover with one or two fingers. Control the “sweet” spot.
5. **Gear** – Select right gear for application. One higher gear for some rocky down hills.

BASIC BIKE AND BODY

INTEGRATION:

1. **Body weight** – On pegs or seat. Sit where rear shock meets frame for most cornering.
2. **Posture**- Hips in front of pegs for acceleration and behind pegs for deceleration. Shoulders over triple clamp for basic standing. Elbows wide – Sitting; shoulder, elbow, and wrist in line. Standing – elbows outwards. Clamp bike with ankle/calves. Slight bend in knees. Balls of feet on pegs for better response to varied terrain.
3. **Cornering** – Move elbow up and out to keep body in correct position and over to outside for standing cornering. Sitting cornering outside elbow out and look around corner where you are on your way to. Stay in centre of seat.
4. **Emergency brake** – Clutch in, hips behind pegs, lock rear, squeeze front, look ahead, gear down, and counter steer if needed.
5. **Cones** – Weight outside, get hips around corner, elbow up, and look at next section. Clutch and throttle control with brake assistance.

RIDING TECHNIQUES

1. **Corners** – Enter slower for more control, rail the corner or start wide and go tight or start tight and go wide. Use corners for passing. Use body weight forward and backwards to control front or rear wheel sliding. Keep inner foot as close as possible to the bike and front axle.
2. **Pivot turn** – Turn foot towards turn, look in turn direction, lean bike against inside of leg on which you stand, brake back wheel and control clutch.
3. **Narrow rut** – Look at entry, then exit, then where you want to go. Commit and go!
4. **Jump** – Approach is key (right line), keep throttle open till bike in air, land where planned to setup for next obstacle.
5. **Logs en solid embankments** – Sit or stand. Release clutch as accelerate, controlled wheelie. Hit obstacle three quarters up. Move body accordingly (fwd then back). Try and stop immediately after crossing as part of training, then change direction.
6. **Pivot wheelie** – Foot out. Use suspension to pick bike up. Clutch & throttle control. Look in direction you are going.
7. **Grinding** – Weight on outside, outer elbow up. Look well ahead. Brake back wheel. Apply power smooth for mud sections. Keep front wheel close to edge. Plan entry well.

ESSENTIALS

1. Using good technique saves energy.
2. Look for opportunity to use various muscle groups.
3. Relax hands when possible, even just a few fingers at a time.
4. Train to master specific development areas and not just doing loops.
5. Repetition – Each technique completed successfully five times in a row is the key to start practicing the next one.

Good luck, see you soon!

Heine and the ADA Team.