

BMMC Rider Training

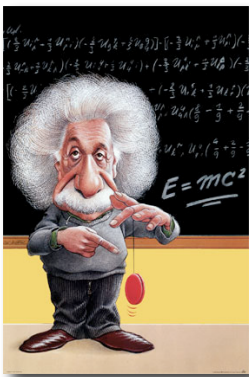


Everyday Of Life Is Just Another Day At School

I. Learning never stops

“They” say that you learn something new every day. Can you point to something you learned today? Anything at all? How about yesterday... or the day before? If you can honestly answer “yes,” then good for you. If you answered “no,” or struggled to find something meaningful, then perhaps you are not putting forth enough effort. Just like your muscles, your brain will atrophy without stimulation. And without the stimulation that learning provides, it is easy to let your thoughts and mental acuity stagnate. (The lion that roars in the MGM logo is named Volney.)

In addition to the brain health benefits of learning, it also makes life that much more enjoyable and interesting. (Did you know the King of hearts is the only king without a moustache on a standard playing card, or that Kawasaki also makes spaceships?)



Inject a little creativity into making learning fun. No matter how you choose to go about it, making the nonstop pursuit of knowledge a daily habit will improve the quality of your life substantially. (The reason honey is so easy to digest is that it’s already been digested once by a bee.)

Effective Learning = Enthusiasm + Attitude + Skills

The key to any success in life is often attitude. Approach an assignment or a learning endeavor with a positive attitude and you will succeed. Approach that same assignment or learning situation with a negative attitude and you may well fail. The development of the right disposition toward learning begins with under-



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standing how you learn. (In most watch advertisements the time displayed on the watch is 10:10 because then the arms frame the brand of the watch, and make it look like it is smiling.)

Now, stay with me on this... 😊

II. How do we learn?

As very young children, we learned by seeing, hearing and touching. We were visual, auditory and touchy-feely learners. As we grew into adults, we tended to favor one method of learning over another. (The plastic things on the end of shoelaces are called aglets.)



Schools education process is generally designed around auditory and visual learners. The problem here is that if you are primarily an auditory learner and you are told to study a manual, you may not learn as well, because reading the manual places you in the visual learning mode. (A whip makes a cracking sound because its tip moves faster than the speed of sound.)

As an adult learner, you need to be able to adapt to your learning environment to succeed. Adapting also requires that you be able to analyze a learning situation and relate it to a previous positive or negative learning experience. You have the capability of learning from both types of situations. You can attempt to repeat a favorable learning experience or take the necessary steps to avoid a negative one. (The only two animals that can see behind themselves without turning their heads are the rabbit and the parrot.)

Still with me?...

III. How does all this relate to motorcycle riding?

When you focus on learning something you enjoy, like reading about new ideas and people, or take time to develop a hobby, you take your mind off the things that once seemed like challenges or problems. What we focus on *increases*. (When cornering, 75% of a bike's grip comes from the front tire.)

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The beauty of motorcycle riding is that there is *always* something to learn. The learning or "discovery" is perhaps riding's secret to addicting so many riders. It's the most fun you can have without laughing (OK, maybe second). To be competent in any endeavor requires the development of specific skills. Motorcycle

riding is no different. Of course, a lot of the skills needed for competent riding can simply be obtained through conscientious practice, however, the skills needed to become proficient in various other types of motorcycle riding (such as racing and dirt bike riding) may require professional expertise. (The Fonz, aka Henry Winkler, couldn't actually ride a motorcycle.)

IV. Where is help available?

Look to others in your riding circle who are highly experienced and "pick their brains" for tips and techniques. Never be afraid to ask for help. Practice on your own in a deserted parking lot somewhere. You will be genuinely surprised after only one hour of practicing specific maneuvers how much your proficiency and confidence have increased. I guarantee it. (A pack-a-day smoker will lose approximately 2 teeth every 10 yrs.)

Feel a little intimidated? Get a group of your friends and set up a training session with your local expert. No pressure, just a fun learning experience. Or, check out the numerous organizations that offer professional training in all types of motorcycle riding, including basic, intermediate, experienced, advanced, group, off road, racing, etc. Each is available locally and each is an outstanding way to hone your current skills and learn new ones. It's highly recommended that you attend at least one every two years. I've been to several courses, learned many new things, and thoroughly enjoyed it all. (The average person over fifty will have spent 5 years waiting in lines.)

Here are a few training facilities here in the Valley:

1. T.E.A.M Arizona- Gilbert- 480-998-9888- <http://www.motorcycletraining.com/>
2. RideSmart- Phoenix- 623-877-5425- <http://www.ridesmartmotorcycle.com/>
3. AZ Motorcycle Rider Training- Phoenix- 623-979-1839- <http://www.azmrt.com/>

Remember, having a good attitude and great enthusiasm are the perfect states of mind for learning. If you enjoy riding, you will likely be more interested in learning how to improve your skills. And when training is made interesting and enjoyable, you will learn more and retain it longer. (Babies are born without knee caps. They don't appear until they are 2-6 years old.)

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One last thing that needs to be addressed before you roar off.

V. Physical Conditioning

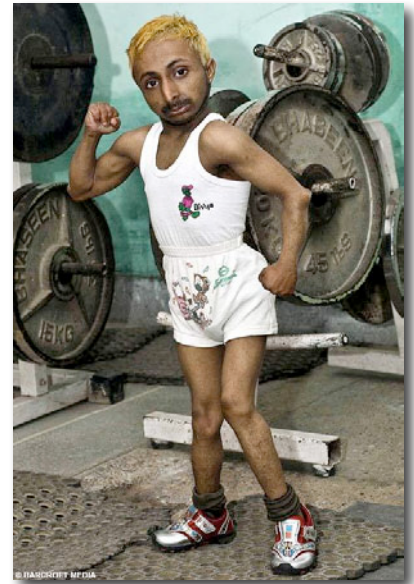
During more vigorous riding, the body can get quite a workout. Lack of fitness can hinder your performance, especially after a long ride. When the body is fatigued, reaction times lengthen, the ability to quickly maneuver the bike can be impeded, and the ability to make sound, snap judgment calls can be impaired.

(Winston Churchill was born in a ladies' room during a dance.)

Even the most basic exercise regimen in the morning will improve your attitude /daily outlook and greatly increase your blood flow and mental acuity. (The average person who stops smoking requires one hour less sleep per night.)

What's a basic morning loosening-up regimen look like?

- 10 jumping jacks,
- 10 trunk twists,
- 10 straight-legged toe touches,
- 10 sit-ups,
- 10 push-ups,
- 5 DEEP breaths-each held for 3 seconds



Dehydration is also a contributing factor to fatigue, and a good supply of liquids is essential to keep the body operating effectively. (A dime has 118 ridges around the edge.)

Hope this helps.