

COURSE OUTLINE

MOTORCYCLE RIDER COURSE - Academy bikes area available | Learners recommended, not required

The **MRC** introduces you to motorcycle controls, safety, how to balance and safely control the motorcycle. If you've never ridden a Motorcycle before but can at least ride a bicycle then start with this MRC before continuing onto the ERC. You should also get riding your own motorcycle as soon as possible after doing this course. Exercises are done at up to 40km/h.

MRC CURRICULUM – 6 HOURS

1. Moving off in a Straight Line
2. Stopping in a Straight Line
3. Quick Stop in a Straight Line
4. Weaving: In-line
5. Basic Turns
6. Turn and Stop
7. Figure 8

EXPERIENCED RIDER COURSE - Academy bikes available if you don't have your own | Learners recommended, not required

The **ERC** continues from the MRC and teaches you in theory and in practice basic riding skills in a controlled environment, concentrating on motorcycle familiarisation, clutch and throttle control, riding posture and the four basic skills: straight-line riding, turning, smooth shifting and observing. It also includes a variety of street skills like low-speed manoeuvres, counter steering, cornering, swerving and braking. The ERC is for those who are still riding in fear and uncertainty, a great starting point to refresh age old instructions from family or friends. Exercises are done at up to 60km/h.

ERC CURRICULUM – 5 HOURS

1. Quick Stop in a Straight Line
2. Weaving: In-line
3. Weaving: Off-set
4. Incline Starts
5. Sharp Turns
6. Swerving
7. Quick Stop on a Curve
8. Figure 8
9. Riding over Obstacles

LICENSE RIDER COURSE - Own bike required but rentals available on request | Learners required

The **LRC** is geared for the person wanting to acquire his/her full motorcycle license; presented in a controlled environment covering everything you need to pass your K53 Motorcycle Riders License Test the first time. Only book for this Course just before your Test Date and only if you have at least 4-6 months riding experience or 2000km.

LRC CURRICULUM – 4 HOURS

1. Pre-trip Inspection
2. Incline Start
3. Straight-line Ride and Controlled Stop
4. Lane Change
5. Moving off and Turning Left
6. Turning Speed Judgement
7. Emergency Swerve
8. Emergency Stop

ADVANCED RIDER COURSE - Own bike required

The **ARC** teaches you how to control your motorcycle at speed of 40 - 120km/h or more preparing you for various real-life emergency situations and how to avoid them. The course is geared for the rider who wants to get better acquainted with his/her motorcycle and discovering their own abilities and that of their motorcycle. The ARC should be considered once you've done the MRC or ERC to help boost skill and confidence levels or when you have at least 4-6 months riding experience. **Insurance benefits such as premium discounts and wavered excess apply.**

ARC CURRICULUM – 6 HOURS

Part 1. Slow Speed and Warm-up Exercises up to 60km/h

1. Controlled Stop
2. Quick Stop
3. Figure 8
4. In-line Weave / Counter Steering
5. Off-set Weave
6. Obstacles / Target Fixation

Part 2. Cruise Speed Exercises up to 120km/h

1. Weave / Counter Steering
2. Swerving
3. Emergency Stop
4. Stop-n-Go
5. Bends and Turns

OFF-ROAD RIDER COURSE - Own bike required | Dual-Sport and Trial Bikes

The **ORC** will lay the basic foundation for motorcycle rider skill and confidence in dealing with off-road conditions. You will truly experience all that your motorcycle has to offer by honing your skills, riding technique, off-road principles and safety. Our skilled and experienced instructors will help you discover both you and your bike's full potential.

ORC CURRICULUM – 6 HOURS

1. Controls and Safety
2. Moving-off and Stopping
3. Riding Posture
4. Clutch Control and Gear Changing
5. Counterbalancing
6. Turning: K-Turn, Traversing and U-Turns
7. Target Fixation
8. Riding over Obstacles
9. Hill Riding: Up and Down
10. Emergency Manoeuvres

COURSE FEES AND DURATION

Learner Pre-Test	R150	By appointment ONLY	1 hour
Test Bike Rent	R150	By arrangement ONLY	
Passengers	R150	Only on ARC	
MRC	R750	Beginner	6 hours
ERC	R500	Basic or Refresher	5 hours
LRC	R400	License	4 hours
ARC	R750	Advanced	6 hours
ORC	R650	Off-Road	6 hours

COURSE TERMS AND CONDITIONS

1. Bike Talk reserves the right to assess and allocate / re-allocate the student to the most appropriate course.
2. Refunds will only be made if the cancelled place is filled.
3. Family, friends etc. may not sit and watch, whilst the course is in progress, it is distracting.
4. Bike Talk reserves the right to cancel or reschedule the course in the event of rain or insufficient entries.
5. You **MUST** be able to ride a bicycle before attending the MRC Beginner Level.
6. A copy of your Learner License is required for the License Rider Course.
7. Your Own Bike is required to do the Advanced or Off-Road Rider Courses.
8. Your Own Helmet, Jeans (Riding Pants), Shoes (Boots), Jacket and Gloves are required for rider training.