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# Honda Safety Institute



**Moto-Tour Assistant Training Course**  
**14<sup>th</sup> April 2018**





## Location



## Address

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



## Training Sections

TTL Surface 20.000m<sup>2</sup>

- HIS Building [1]
- Asphalted pad [2]
- Off Road track [3]
- Brake Section (ABS) [4]
- Balance, Absorption, Ramp [5]

## 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

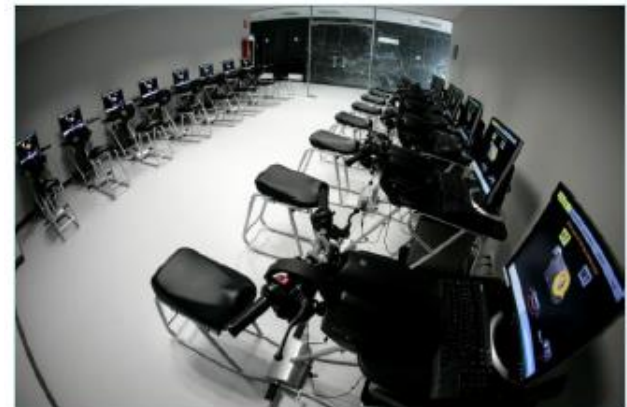
All these bike are to be lend to all participants.



### 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 disponibles

## Program

FIM Europe Training (14/4/2018)			
Timing	15 participants / 3 instructors		
	GROUP A	GROUP B	GROUP C
9:00	RECEPTION		
9:10	Theory (FIM Europe Instructors)		
10:30	WARM-UP 1		
10:45	Equipment		
11:00	WARM-UP 2		
11:15	OFF-ROAD	AGILITY	BRAKING, ABS, RAMP
12:45	Break		
13:00	AGILITY	BRAKING, ABS, RAMP	OFF-ROAD
14:30	Lunch		
15:15	BRAKING, ABS, RAMP	OFF-ROAD	AGILITY
16:45	Get changed		
17:00	Theory: First-aid (FIM Europe Instructor)		
18:00	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.



