

	2.2 Attack Position	2.2 Attack Position
	Tall, not locked out	Position adopted when appropriate
	Arms flex out, not back	Arms as important as legs
	Relaxed & responsive	Practice braking
	Looking ahead	and steering from attack position
	Controlled weight transfer	

	3.1 Manual FW Lift	3.1 Manual FW Lift
	Move body forward	Weight shift, not strength
	Straight arms and legs	Saddle down may help
	Explode back, pivot at feet, head up	Practice lift at a specific point Mount kerb sized obstacle
	Push down with heels	Build on skill of maintaining a
	Rock forward to recover, cover back brake	balance point. Practice on grass or similar. Practice rear dismount

	3.2 PA Front Wheel Lift	3.2 PA Front Wheel Lift
	Seated approach, walking pace, to take-off point	Choice of gear is critical. Lift is led from the shoulders
	Lead foot, 2 o'clock 1/3 power stroke	All that is required is a momentary lift of the front wheel.
	Push shoulders rearward	A pedalled wheelie is not required
	Cover back brake	Ensure riders achieve the skill as described
	Rock forward to recover	Identify and correct hybrid versions!

	3.3 Rear Wheel Lift	3.3 Rear Wheel Lift
	Lunge forward and upwards	Demo by standing beside bike, right foot on left pedal. Kick back &
	Pedal roughly level	Upwards.
	Scoop down back and up with both pedals	Get riders to donkey kick, off the bike or try as above, brakes on!

	3.4 Manual Drop-off	3.4 Manual Drop-off
	Manual just before lip	Also try crouch and push off
	Weight back at take-off	Care on approach re size of drop-off
	Weight shift to land two wheels together	Practice quiet landings

	3.5 P A drop-off	3.5 P A drop-off
	Seated approach	Power for approx 1/3 revolution
	Power stroke just before the edge, pedal 'till back wheel drops	Slow speed skill, ensure a hybrid skill is not employed. 1/2 manual, 1/2 power assisted
	Stand as power applied	Timing is key
	Absorb landing with arms & legs	Quiet landing
	Rear wheel will land first	

	3.6 Track Stand	3.6 Track stand
	Gentle upslope to practice	Good demonstration, riders observe from several viewpoints
	Stand tall, weight over front wheel	Riders should determine preferred layout.
	Turn front wheel upslope	Ride up gentle slope, trackstand at every ½ pedal revolution
	Forward foot upslope side, gentle pressure	Work in pairs, one rider providing security by straddling the back wheel whilst supporting the saddle
	Avoid using brakes	Try on a trail location, flat and sloping

	3.7 Cornering Part 1	3.7 Cornering Part 1
	Brake before corner	Flat or slightly banked corners
	Choose wide line	Vary corners, surfaces,
	Smooth arc ridden	Avoid 50p track, smooth line
	Tyre pressures	Avoid trailing brake
		Stable upper body

	3.8 Pumping	3.8 Pumping
	Practice on dips, bumps & berms	Losing momentum in rough terrain?
	Attack position, push front wheel into dip.	Look for opportunities to pump. Over bumps, compress on
	Both wheels on ground	upslope, weight forward and pump
	Match arm pump with leg extension	down onto downslope.
	Maintain momentum	Try technique over rough ground and berms

	4.1 Step-over	4.1 Step-over
	Attack position, walking pace	Start with very small object, even a marked line.
	Manual the front wheel over the object	As soon as front wheel lands, push forward on the bars with a rotating action, lift the back of the bike with the feet
	Weight shift forward, the instant the front wheel lands to clear the back wheel over.	Absorb the landing by flexing legs and ankles
	Land the back wheel quietly	

	4.2 Power Assisted step-up	4.2 Power Assisted step-up
	Walking speed, seated	Try power stroke with weaker leg, rear lift with stronger
	Power downstroke, weight back	
	Instant FW lands, throw weight forward & up.	Pedal poised in power position until take-off point.
	Lift rear of bike with non-lead foot, push forward with arms, land rear wheel quietly	Ensure, rear wheel up and landed before power re-applied. Remember, this is a slow speed manoeuvre.

	4.3 Manual Step-up	4.3 Manual Step-up
	Lift front wheel to place on top of obstacle	Jogging pace, ensure rider has skill to manual at a specific point
	Throw weight forward, lift rear of bike with non-lead foot	Start small, build up to higher steps. Riders should experiment to decide which foot to lead with
	Push forward with arms	Both wheels should land cleanly
	Apply power when back wheel lands	

	4.4 Cornering Part 2, Berms	4.4 Cornering Part 2, Berms
	Line, braking, body position	Pedal position matches the turn, extended outer leg only when more grip required
	Look to exit	Look for good line choice
	Squash to "O"	Vision extends toward exit
	Foot position	

	4.5 Climbing longer/steeper hills	4.5 Climbing longer/steeper hills
	Climb aerobically, seated	Don't start too fast.
	Cadence at least 75rpm	Standing uses more energy
	Good line choice	When it gets steep,
	Weight shift to maintain balance and traction	Slide towards the nose of the saddle, bend elbows to bring upper body down to handlebars

	5.1 Cornering Part 3, Switchbacks	5.1 Cornering Part 3, Switchbacks
	Use banking to lose speed	Maximise trail width
	Early apex, good line	Look for natural features which can be used to advantage
	Scan ahead, initiate turn from head and shoulders	
	Lead with elbow opposite turn direction	Practice on switchbacks to left and right

	5.2 Bunny hop	5.2 Bunny hop
	Approach object at jogging pace, attack position	Practice with flat pedals
	Manual on approach	Small object or mark to start
	As front wheel clears object, weight is thrown forward and up	Saddle down will help, rear lift achieved with feet and weight shift
	Push the bike between the legs	Feet in attack position for landing
	Land front wheel first	

	5.3 Lateral Bunny Hop	5.3 Lateral Bunny Hop
	Start per normal BH, just before takeoff, steer and lean (drop shoulder)	Flat pedals, start with a line on the ground.
	Initiate FW lift in that direction	Build to more challenging obstacles
	Lift rear of bike bringing across with hips & heels	Front wheel first to take off and land.
	Lean away from direction of hop to land	