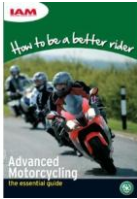


## SOLENT ADVANCED MOTORCYCLISTS

### Suggested Study Guide - How to be a Better Rider



Although it would be ideal if Associates read all of the recommending reading, we suggest that they at least read the pages listed in this study guide. This will give them a valuable insight into what is required for the Advanced Motorcycle Test.

Page 8	What Advanced Riding is About
Page 18	Riding position ( <i>except</i> feet position)
Page 21	Mirrors & How to check for blind spots – and Introduction to Observation Skills
Page 24	Hazards
Page 26	IPSGA
Page 31	Observation
Pages 32-33	Selective Observation
Pages 36-37	Riding Plans
Page 38	Positive Steering
Page 40	Instinct v. Positive Steering
Pages 42-45	Positioning
Page 49	Acceleration & Overtaking and Speed
Page 50	Braking – Smoothness
Page 52	Brake in a Straight Line
Pages 56-57	Changing Gears
Page 60	Road Basics
Pages 68-69	Cornering
Page 71	Handle any Corner
Pages 74-75	Overtaking
Page 76	Common Overtaking Mistakes
Page 81	Filtering & Filtering Speeds
Page 83	Common Errors When Filtering
Page 90	Road Surfaces
Page 92	Motorway Technique
Page 94	Lane Discipline & Slip Road Courtesy
Page 96	Changing Lanes & Overtaking