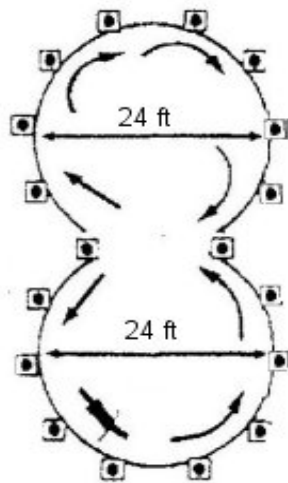


# Practice Guide

Figure 8



**Warning:**

While learning to perform these exercises there is the possibility that you can drop your motorcycle and damage it. There is also the possibility that you could injure yourself. Make sure to wear proper protective gear. A helmet, eye protection, leather gloves, jacket and boots are highly recommended. Be sure your motorcycle is equipped with crash bars.

The sizes of the exercises are only a suggestion. Proceed at your own pace. Make the exercises large enough to make you feel comfortable while learning each one. Proceed at your own risk.

