

Motorcycle Riding Tips

by Ron Arieli

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What do you suppose the single biggest hindrance to our riding and improving our riding skills is? FEAR

Take a moment and think about what types of things you are afraid of while riding? These things are very real fears. But what you may not realize is that there is one fundamental fear that underlies all other fears. The fear that if one of these things you just identified happens that "I can't handle it." The real fear is that we cannot handle the consequences of what happens rather than the fear itself. This is important to understand because unlike all the other fears it is your fundamental fear that controls your behavior. This is the thing that causes hesitation in our riding actions or doing something other than what you know intellectually you should do on the motorcycle. These unwanted behaviors include tensing up, target fixating, quickly grabbing the front brake, etc.

To understand this a little better, take a look at your reaction when your street bike begins to slide. For most street riders the words "Oh Sh@#!" come to mind followed by a tensing up of the body. For those of you that also ride dirt bikes notice how your reaction is very different. You might be thinking "Woo Hoo" and your body stays loose.

This is because fear is perception based, not danger based. We get scared when we think that what IS happening should NOT BE happening. On a dirt bike sliding is no big deal because we think a dirt bike is supposed to slide. Yet on a street bike we think it's not supposed to be sliding so we consider this condition a problem, which is what, makes us afraid. How can we change this behavior? Stay tuned for more on this in our next column.

This is just one of many very insightful concepts that you can find in Lee Parks critically acclaimed best-selling book "Total Control."

The book is also the basis for the Total Control Advanced Riding Clinics that are exclusively available in Arizona as part of T.E.A.M. Arizona's regular course offerings.

The book is available at T.E.A.M. Arizona and at leeparksdesign.com

No matter what you ride or how long you have been riding we have the knowledge, highly skilled staff, facilities, courses and passion to improve your riding skills and help make your ride, safer, more relaxed, and even more fun.

See you on the road on two wheels!
Ron and all the team at T.E.A.M. Arizona