



### Curve Shift

- Start with your front tire between the cones
- Complete a strong move off then accelerate at the second set of cones (A)
- Shift into second at the shift marker (★) and stay in second around the curve
- Rear brake at B and down shift at the shift marker
- Release clutch only to the friction point for the turn around
- Exiting through the cones make a small turn left then a big turn right
- Use your rear brake to control speed
- Accelerate after you turn around, repeating the exercise in reverse
- Stop with your front tire between the last set of cones
- Remember, eyes up through the corner

### Dimensions

- Lane of travel between the cones is 5 feet
- Radius of the circle is 50 feet
- Distance between Start and Turn Around is 75 feet.

### Speed

- 15 km/h to 20 km/h