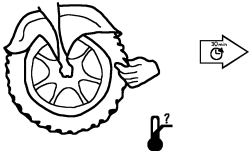
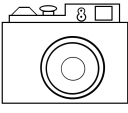


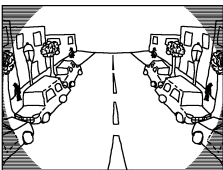
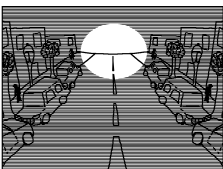



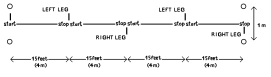
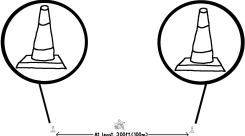
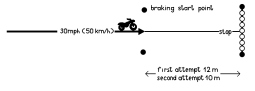
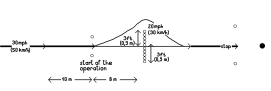
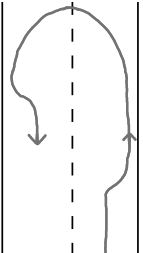


THE ULTIMATE BRAKING CHART

Exercise	Sketch	Estimated time	Practice date	Observations
1 Tyre temperature		1 minute		
2 Ride video		10 minutes		
3 Analyse		30 minutes		
4 Correct position		5 minutes		
5 Observation		few minutes during the ride		
6 Observe with speed		few minutes during the ride		
7 Stopping distance		10 minutes		

THE ULTIMATE BRAKING CHART

Exercise	Sketch	Estimated time	Practice date	Observations
8 Squeeze		1 minute		
9 Timer		1 minute		
10 Start stop		10 minutes		
11 Longer braking distan		10 minutes		
12 Full stop		10 minutes		
13 Swerve		10 minutes		
14 Slope U turn		10 minutes		