

ThrottleWise

LESSON 1: THE FRICTION ZONE CRAWL

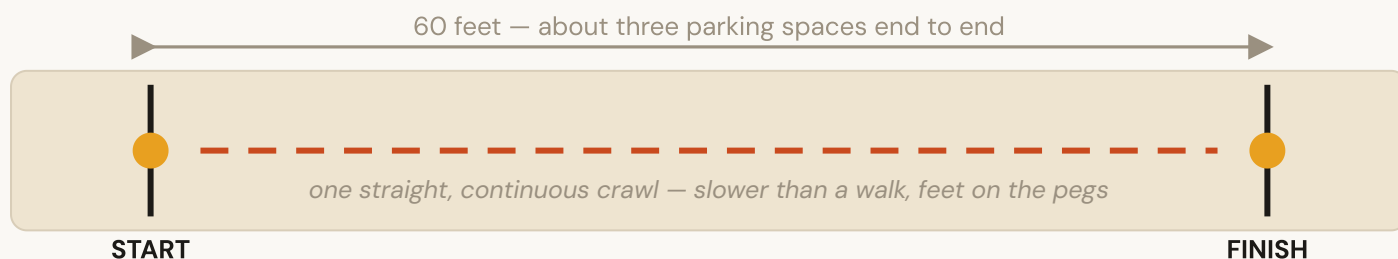
You watched the lesson — now go do it. This sheet is the whole assignment: what to set up, what to practice, and exactly what “good to move on” means. Measured, not guessed.

SET UP

Where: an empty parking lot — flat, clean, free of obstacles, traffic and distractions.

Mark your lane: a straight line, **60 feet** long. Two cones, chalk marks, water bottles, or the seams of three parking spaces all work fine.

Gear, every time: helmet, jacket, gloves, boots, pants. No exceptions for “just a slow drill.”



THE DRILL

1. Start the motorcycle, first gear, clutch fully in.
2. Set a steady, low engine speed — and leave the throttle alone. Your speed comes from the clutch, not the throttle.
3. Ease the clutch out until the bike just starts to crawl — that’s the friction zone. Stay in it the whole lane.
4. Use light, steady pressure on the **rear** brake to trim your pace. Clutch and rear brake work in tandem. The front brake stays untouched.
5. Eyes up, at the end of the lane — never down at the front wheel. Feet on the pegs. Trust the motorcycle to balance itself while it’s moving.

THE STANDARD — WHAT “NAILED IT!” MEANS

- **60-foot lane**, one straight, continuous crawl — no stopping, no stall.
- **20 seconds or more**, start line to finish line. That’s slower than a walk — if you got there quicker, it wasn’t a crawl.
- **Steady pace** the whole way — no surging forward and catching it.
- **Feet on the pegs** the entire lane. A dab is a miss, not a failure — run it again.
- **Rear brake only**. The front brake never gets touched.

Nailed it! = 3 clean runs out of 3, in a row. Do that and you own this skill — move on to Lesson 2. Anything less: check the fix list below, then run it again. There is no clock and no limit on attempts.

Want more? Same lane, **35 seconds or more**. That’s parade speed, and it is harder than it sounds. Master that and slow-speed control stops being something you think about.

SCORE YOURSELF

Each clean run needs every box	Run 1	Run 2	Run 3
20 seconds or more, start to finish	☐	☐	☐
One continuous crawl — no surge, no stop, no stall	☐	☐	☐
Feet stayed on the pegs	☐	☐	☐
Front brake untouched	☐	☐	☐

IF A RUN GOES WRONG

What happened	What it means, and the fix
The bike surged forward	Clutch came out too fast, or the engine speed is wandering. Reset to one steady, low RPM and let the clutch do the work.
A foot came down	Almost always the eyes. Look at the end of the lane — looking down at the wheel is what tips you over at crawl speed.
The pace wouldn't stay steady	Bring in the rear brake — light, constant pressure while the clutch feeds power. Tandem, not turns.
It stalled	You went past the friction zone and asked for too much, too soon. Find the crawl point again and hold it there.

BEFORE YOUR NEXT RIDE

THE IF-THEN — SAY IT ONCE, OUT LOUD, BEFORE YOU RIDE

If I need to go slower than a walk, then the clutch controls my speed — not the throttle.

THE REHEARSAL — ABOUT SIXTY SECONDS, EYES CLOSED

Sit on the bike in your head: in gear, engine running, feet on the pegs. Set the throttle slightly open and hold it exactly there, unchanging. Now feel the clutch come out to the point where the bike just begins to pull, and hold it right there. The bike creeps. Feel the rear brake under your right foot, dragging just enough to keep it honest. Watch the far end of the lane, sixty feet away, and let the bike walk toward it slower than you could walk yourself. If it surges, the clutch comes in a hair. If it bogs, the clutch goes out a hair.

Run the whole twenty seconds in real time — don't fast-forward it. Rehearsing a movement in detail improves the movement, and it works best when the picture matches the real thing: same seat, same gear, real timing. It doesn't replace riding — it stacks on top of it. It is also the one part of this you can do in February.

HOW THE THROTTLEWISE APP WILL SCORE THIS (COMING)

This assignment isn't just self-scored — it is written to be *measured*. The ThrottleWise app, now in development, will read your bike's telemetry while you run this exact drill and check the same standard: your time over the 60 feet, whether the pace stayed steady or surged, and how straight the lane really was. Then it gives you the verdict on the spot — “*here's what to fix*” with the specific correction, or “*you nailed it — Lesson 2 is open.*”

Until it ships, this sheet and your own honesty are the referee. The standard is the same one the app will hold you to.

