

- Maintaining Balance

 Steering wheel balance
 Hand position
- Precise movements of:
 - steering
 - acceleration
 - braking



Seating Position

- Foot and leg position
- Accelerator to Cover Brake Position
- Left foot placement **Dead Pedal** for balance
- Hand and Arm position (10" 12") or one sheet of paper end to end.
- Controls
- Mirrors

Holding Steering Wheel

- Your Hand Positions should be:
 - Left hand between the 8 and 9 position
 - Right hand between the 3 and 4 position
- Does your vehicle have an air bag?
- How does this affect your hand position?
- How does an air bag affect your passengers?

Steering Wheel Movements

Vehicle Controls

- Hand-Over-Hand Movements
- Push / Pull / Slide Hand Movements
- Evasive Action Movements
- One hand Movements

Braking Techniques

- Cover Brake (foot over brake)
- Controlled Braking: (squeeze the pedal)
- Threshold Braking: (as hard as possible without locking your wheels)
- Trail Braking (light brake during maneuver)



Accelerator Techniques

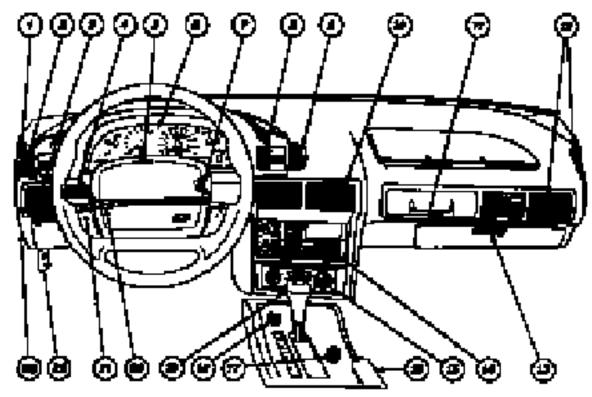
* Progressive Acceleration* Thrusting Acclerator

Vehicle Weight Transfer



- Forward Transfer
- Rearward Transfer (toward the back)
- Left or Right Transfer





Temperature

