

### Correct Posture For S Course

275. Adopt and maintain the correct posture at different parts of the S Course.



- i. Lean your motorcycle more when entering and exiting the S Course.



- ii. Lean at the same angle as your motorcycle when manoeuvring inside the S Course

### Correct Posture For Crank Course

276. Adopt and maintain the correct posture for the Crank Course.



- i. Lean your motorcycle more when manoeuvring the Crank Course.



- ii. “Knee grip” the tank between both knees is essential for smooth turning. This is especially important for manoeuvres that require control at low speeds like crank course or entering and exiting the S Course.