



**THROTTLE & TORQUE**

**THE BIG BIKE EXPERIENCE**  
**MDDRC**  
MALAYSIAN DEFENSIVE DRIVING & RIDING CENTRE

# **MOTORCYCLE SAFETY & DEFENSIVE RIDING SKILLS**

*Ride Safe. Ride Smart. Share the Road. Be Alert.*



# INTRODUCTION

## On The Road Behaviour Based Safety & Defensive Riding

The program designed to influence motorcyclist actions toward safer outcomes, designed to build safe, confident, and responsible riders through a strong foundation of riding techniques, hazard awareness, and road discipline. This program emphasises not only control of the motorcycle but also the mastery of rider mindset, risk assessment, and real-world defensive strategies.



## COURSE CONTENT

This course promotes **skill with discipline, confidence with responsibility, and passion with safety** — because true riders don't just ride fast, they ride **smart**.

### Participants will learn:

- Motorcycle license & the law
- What to ride - The right motorcycle & essential riding gear
- Proper riding posture and throttle/brake control
- Emergency braking and obstacle handling
- Defensive riding mindset and safety strategies
- Risk prediction and hazard avoidance
- Group riding etiquette and road communication

## THE 2 DAYS COURSE:

### Day One - Theory Part 1.

- Introduction to Motorcycle Safety.
- Motorcycle License & The Law
- The Ride & The Motorcycle
- Preparing to Ride - Wear The Right Gear
- What to Ride - The Right Motorcycle for You
- In Control - Basic Vehicle Control
- Look Ahead & Been Seen
- Stay Away From Danger
- Ride Within Your Abilities

### Day One - On The Range Exercise Part 2.

- Rear Observation & Blind Spot
- Slow Speed Control - Moving off and Stopping
- Slow Speed Control - Circle
- The Figure of Eight / The Slalom
- The Emergency Stop
- Hill Stop & Moving off
- Hazard Avoidance

### Day Two - On The Road Exercise Part 3.

- Pre-ride Group Riding Briefing
- Riding Formation & Communication
- Negotiating Junctions
- Overtaking
- Negotiating a Bend on The Road
- Federal Road & Highways Experience

## OBJECTIVES

The objective of the **Throttle & Torque - Motorcycle Safety & Defensive Riding Skills Course** is to develop safe, competent, and responsible riders through structured training that focuses on riding techniques, risk management, and defensive strategies. This program aims to reduce accident risks by enhancing rider awareness, decision-making, and machine control in real traffic conditions.

In line with industry best practices and road safety standards, this course also promotes a positive riding attitude, discipline, and safety accountability, ensuring riders not only achieve technical proficiency but also uphold responsible road behaviour.

This programme is designed to:

- **Enhance rider safety awareness** by developing the ability to identify, assess, and respond to potential road hazards through defensive riding strategies.
- **Improve motorcycle control and handling skills** on high performance/powered motorcycle using proper riding techniques for braking, cornering, balance, and manoeuvrability in various real-road conditions.
- **Promote disciplined and responsible riding behaviour** in compliance with road safety regulations, legal requirements, and ethical riding practices.
- **Cultivate a safety-first mindset** with strong riding attitude, emotional control, and risk management principles to prevent accidents and ensure safe journey completion ("Ride Safe, Ride Home").

## THE ITINERARY

### DAY 1 (Part 1 & 2)

- 7.30 am -
- 8.00 am Registration @ Safety Driving Centre (SDC) Petaling Jaya
- 8.30 am Classroom Session
- 10.00 am Breakfast Break
- 10.15 am Classroom Session (Cont.)
- 12.30 pm Lunch Break
- 1.30 pm On The Range Practical Session
- 3.00 pm Tea Break
- 3.15 pm On The Range Practical Session (Cont.)
- 5.00 pm End of Day 1

### DAY 2 (Part 3)

- 8.00 am Meet & Gather @ Safety Driving Centre (SDC) Petaling Jaya
- 8.30 am Pre-ride Group Riding Briefing
- 9.00 am On The Road Exercise (Brunch Ride @ Venue TBC)
- 11.30 pm Brunch & Teh Tarik Session
- 12.30 pm Ride back to SDC Petaling Jaya for Certificate Handout Ceremony  
& Group Photo Session
- 4.00 pm End of Day 2





*Learning to ride a big CC  
motorcycle means different  
things to different people.*

*For some, it's **freedom**.  
For others, it's **purpose**.*

***But for all, the open  
road awaits.***





## WHAT TO EXPECT

### Module - Motorcycle License & The Law:

- Understanding the law is a fundamental part of being a responsible and safe motorcycle rider. This module covers the legal requirements every motorcyclist must follow before riding on public roads in Malaysia. It ensures riders not only comply with the law but also understand the purpose behind it — safety, accountability, and responsibility on the road.
- This module builds awareness that a motorcycle license is not just a permit to ride — it is a legal responsibility and a commitment to safety, discipline, and respect for the road.

### Module - What to Ride – The Right Motorcycle & Riding Attire:

- Choosing the right motorcycle and riding gear is a critical part of safe riding. Many accidents become worse not because of speed alone, but due to poor motorcycle suitability and lack of proper protective equipment. This module helps riders understand how to select a motorcycle that matches their skill level, riding purpose, and physical capability — and how to equip themselves with essential safety gear for every ride.
- This module teaches that **safety begins before the engine starts**. The right motorcycle and gear don't just improve comfort — they **save lives**. A smart rider always rides prepared.



# Motorcycle Safety & Defensive Riding Skills



## WHAT TO EXPECT

### **Module - Big Bike Motorcycle – Basic Control:**

- Riding a high-capacity motorcycle requires more than enthusiasm—it demands precision, discipline, and control. Unlike smaller motorcycles, big bikes carry greater power, weight, and momentum, making proper riding technique essential from the very first throttle twist.
- This module focuses on developing fundamental motorcycle handling skills essential for riding big displacement (big CC) motorcycles safely and confidently. Larger motorcycles demand greater control, smoother input, and a higher level of awareness due to their weight, torque, and power. Mastering the basics is the foundation of safe and disciplined riding.

### **Module - Defensive Riding Mindset & Safety Strategies:**

- Defensive riding is more than just a technique — it is a disciplined mindset built on awareness, anticipation, and responsibility. A defensive rider does not wait for danger to appear but identifies potential risks early and responds proactively to avoid them.
- This module is designed to build a proactive riding mentality by developing risk awareness, hazard anticipation, and safe riding behaviour. Defensive riding is not just a technique — it is a disciplined mindset that helps riders identify potential dangers and respond early to prevent accidents. Riders will learn how to stay alert, manage risk intelligently, and apply practical road safety strategies in real-world conditions.



## WHAT TO EXPECT

### Module - Group Riding Etiquette & Road Communication:

- Group riding is one of the most rewarding experiences in motorcycling—uniting riders with a common rhythm, shared purpose, and mutual respect on the road. But riding in a group also requires a higher level of discipline, awareness, and teamwork to ensure safety and smooth coordination for every rider.
- This module introduces essential group riding standards practiced by professional riding convoys and motorcycle clubs worldwide. Participants will learn formation riding techniques, communication signals, spacing control, and safety roles within a convoy. With proper etiquette and communication discipline, every ride becomes safer, more organised, and enjoyable for all.

### Module - Emergency Handling & Risk Management:

- In real-world riding, emergencies are not a matter of *if* but *when*. Road hazards, sudden obstacles, unpredictable drivers, and environmental challenges require riders to respond instantly—with precision, control, and confidence. This module equips riders with advanced safety survival skills and structured risk management strategies to reduce accident probability and improve decision-making under pressure.
- This module strengthens total rider control, emergency response readiness, and responsible riding behaviour.





**ATTITUDE  
IS  
EVERYTHING**

## WHAT TO WEAR

### What should you wear?

#### *You will need:*

- Your SIRIM/DOT approved helmet.
- Eye protection (helmet visor, eye glasses, sun glasses, goggles acceptable).
- Full fingered gloves (bright colour and motorcycle specific recommended).
- Long sleeve shirt / t-shirt / jacket (bright colour recommended).
- Sturdy jeans or riding pants.
- Sturdy over the ankle riding footwear (not canvas and low heel)





# Motorcycle Safety & Defensive Riding Skills

## WHAT TO PREPARE

You will need the following:

- A street ready own motorcycle
- Valid Motorcycle Roadtax with Insurance coverage
- Valid Motorcycle Riding License

The practical class will begin with a pre-ride inspection of your motorcycle. Plan ahead and conduct this before your class, so you aren't sorting things out at the range. Check these items and your bike will pass the inspection like a boss.

- **Tires-** check your tires for dry rot, that is cracks in the side walls, tread depth and air pressure.
- **Controls-** Check your levers, pedals, cables and hoses for function and condition.
- **Lights and Mirrors-** Make sure your headlights, turn signals and taillights are functioning and your mirrors are tight.
- **Oil and fluids-** Check your petrol and oil levels and verify that there are no obvious oil leaks.
- **Chassis-** Check out your suspension front and rear for function and tightness and have a look at your final drive too.
- **Stands-** make sure your side stand function correctly and stow fully.

These checks take about ten minutes and will ensure that your bike is as ready for the class as you are.





# GOOD SKILLS ALONE WILL NOT KEEP YOU FROM CRASHING, BUT GOOD JUDGMENT CAN.

*It's up to you to make good decisions.  
It's up to you to minimise risk.*

***This is your ride!***





# GREAT RIDERS AREN'T BORN. THEY'RE MADE.

Motorcycles are inexpensive to operate, fun to  
Unfortunately, many riders never learn critical skills

ride and easy to park.  
needed to ride safely.



## LEARN TO RIDE.

*Malaysian Defensive Driving & Riding Centre Sdn. Bhd. (MDDRC)*