



# ***Student Workbook***

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### **A.C.E.S Defensive Driving Technique (Essentials)**

1. Aim Over Your Path (Control)
  - a. Picture your Path
  - b. Arch your Pivot
2. Communicate to be Seen (Communication) (BEEP)
  - a. Blind Spots
  - b. Eye to Eye Contact
  - c. Easy Horn Tap
  - d. Pass Back the Signal
3. Escape Space Maintained (Space)(3,◇,△, 6)
  - a. Three Seconds and 1-2-3 Count
  - b. Diamonds and Triangles
  - c. Protect your Six
4. Scan the Traffic Scene (Visibility)
  - a. Sniper Zones
  - b. Mirrors
  - c. Clear All Intersections

### **The CODES Belief System**

- C -** Control  
**O -** Oneness  
**D -** Desire  
**E -** Expectancy  
**S -** Space Mastery

### **Lane Change Procedure**

- S -** Signal  
**M -** Mirror  
**O -** Over the Shoulder Check  
**G -** Go When Clear

### **Right of Way Determination**

1. Signs and Signals
2. Time of Arrival
3. Position
  - a. Left yields to right
  - b. Left turners yield
  - c. Lesser to greater streets
  - d. Yield to pedestrians

### **Seven Sniper Positions**

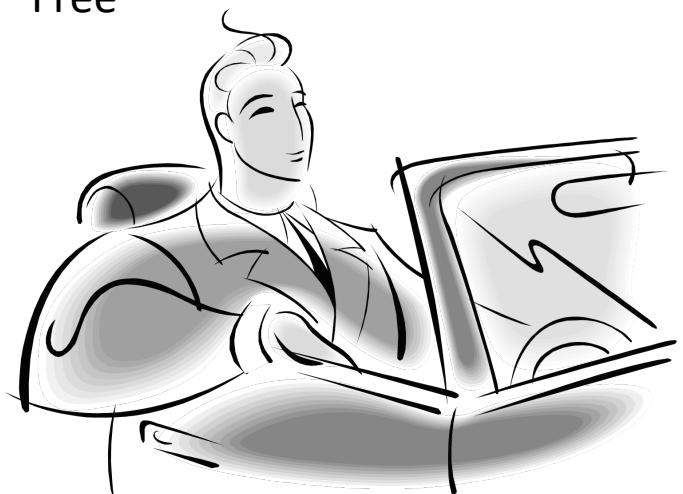
1. Left
2. Right
3. On-coming
4. Car you are passing
5. Car passing you
6. Parked Cars
7. Pedestrians

### **General Turn Rule**

1. Turn right from the right-most lane
2. Turn left from the left-most lane
3. Turn into the first driving lane going your way
4. Multiple turn lanes are an exception to this rule

### **Pledge**

I pledge to myself and my family to do (WIT) Whatever It Takes to drive Collision Free



## ***Introduction / Why Driver Education***

1. What times of year are higher for rates of teen collisions and fatalities?

\_\_\_\_\_ / \_\_\_\_\_

2. What events are common causes of these increases? \_\_\_\_\_

3. What are the 4 "S's of safe driving?

\_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

4. The odds of dying in a car collision are 1 in \_\_\_\_\_.

5. What are the top 2 contributing factors in South Carolina Traffic Collisions?

\_\_\_\_\_ / \_\_\_\_\_

## ***Understanding Risk***

1. \_\_\_\_\_ is a major contributor to increased risk.
2. The characteristics of Risk are:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
3. Most drivers **OVER / UNDER** (circle one) estimate the level of risk present and **OVER / UNDER** (circle one) estimate their driving skill.
4. Teens are most likely to be involved in a collision within the first \_\_\_\_\_ to \_\_\_\_\_ months of driving.

**Teens are more likely than older drivers to speed  
and allow shorter following distances. The  
presence of male teenage passengers increases the  
likelihood of this risky behavior.**

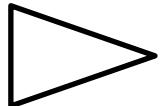
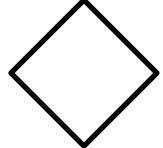
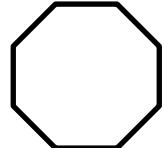
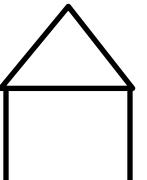
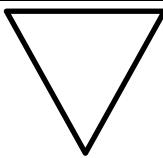
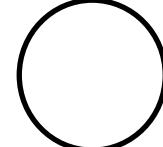
## ***Collision-Free Driving***

1. An \_\_\_\_\_ implies that no one is at fault or could have done anything to change the outcome.
2. A \_\_\_\_\_ is the result of one or more people acting incorrectly that results in the loss of space and causing collision with another object.
3. CODES stands for:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_

## ***Signs, Signals, & Road Markings***

1. Define the colors as they apply to traffic signs:
  - a. Red \_\_\_\_\_
  - b. Yellow \_\_\_\_\_
  - c. Orange \_\_\_\_\_
  - d. Black \_\_\_\_\_
  - e. White \_\_\_\_\_
  - f. Brown \_\_\_\_\_
  - g. Green \_\_\_\_\_
  - h. Blue \_\_\_\_\_
  - i. Fluorescent Yellow \_\_\_\_\_
  - j. Fluorescent Pink \_\_\_\_\_

2. Match each of the following traffic sign shapes with its correct description:

—		—		
—		—		A - Yield B – Railroad Crossing C - Guide D - No Passing Zone
—		—		E - Regulatory F – School Zone G – Hazard Ahead
—		—		H - Stop

3. List the colors of the traffic light in order from top to bottom or left to right:

\_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_

4. Why are traffic lights always in the above order? (a) \_\_\_\_\_ (b) \_\_\_\_\_
5. You must always still clear the \_\_\_\_\_ before proceeding.
6. If turning LEFT on a green arrow, be aware of \_\_\_\_\_ turning right on red.
7. Does the flashing yellow arrow give drivers turning left the right of way? YES      NO
8. A flashing RED light has the same meaning as a \_\_\_\_\_.
9. A flashing YELLOW light means \_\_\_\_\_.
10. A 4-way flashing RED light is treated the same as a \_\_\_\_\_.
11. When entering a roundabout you DO / DO NOT (circle one) use your turn signal.
12. When leaving a roundabout you DO / DO NOT (circle one) use your turn signal.

## **Right of Way Determination**

1. The law states who must \_\_\_\_\_, not who has the \_\_\_\_\_.
2. What does STP stand for? \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
3. Determine who has the Right of Way \_\_\_\_\_ you arrive at the intersection.
4. Time of Arrival – Whoever arrived \_\_\_\_\_ the intersection may proceed first.
5. What are the parts to consider for Position?
  - a. \_\_\_\_\_
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
6. The General Turn Rule has an exception. What is it? \_\_\_\_\_.
7. \_\_\_\_\_ rely on the turn signals of other drivers.

***In 2008, half of teen deaths from motor vehicle collisions occurred between 3pm and midnight and 56% occurred on Friday, Saturday or Sunday***

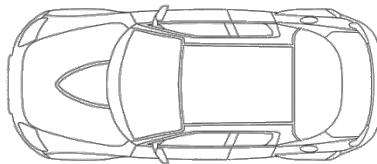
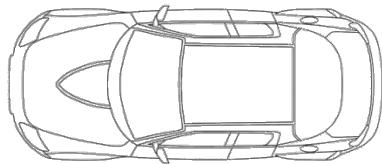
## **Expert Driving System**

1. What are the four Driving Essentials? \_\_\_\_\_  
\_\_\_\_\_
2. Which of the four Essentials is the most important? \_\_\_\_\_
3. Having the proper amount of the essentials \_\_\_\_\_ & \_\_\_\_\_ can sometimes overcome a deficiency of the essentials \_\_\_\_\_ & \_\_\_\_\_.

## **Accurate Control Technique**

1. What is the width of the vehicle you primarily drive? \_\_\_\_\_
  - a. What is the smallest measurement you heard during this class? \_\_\_\_\_.
  - b. What is the largest measurement you heard during this class? \_\_\_\_\_.
2. What is the width of average traffic lane in the United States? \_\_\_\_\_.

3. What part of our vehicle can we use to ensure we are within our lane? \_\_\_\_\_.
4. The pivot point is the part of your vehicle that you want to track over the \_\_\_\_\_ of your intended path.
5. Mark the Forward Pivot Point and the Reverse Pivot Point on the diagrams below.



6. True or False: Using the pivot point makes most vehicles behave in a similar manner. T F
7. The void area covers the following distances:
 

Front: _____	Rear: _____
Driver side: _____	Passenger side: _____
8. How far should your Visual Lead be when driving? \_\_\_\_\_
9. Your safe following distance under optimal driving conditions is \_\_\_\_\_.
10. With the quick-glance technique, you should move your eyes approximately every \_\_\_\_\_ seconds.

## ***Proper Steering Techniques***

1. The proper positions to grip the steering wheel are \_\_\_\_\_ and \_\_\_\_\_ o'clock.
2. It is permissible to drive with one hand \_\_\_\_\_.

## ***Lane Changes & Merging***

1. What Acronym do we use to remember the proper way to perform a lane change? \_\_\_\_\_
2. Why is signaling first so important? \_\_\_\_\_
3. When checking your mirrors, \_\_\_\_\_ start with the center mirror.
4. The acceleration lane is designed to allow to \_\_\_\_\_ the traffic flow before merging.
5. It is easier to \_\_\_\_\_ than to \_\_\_\_\_ when merging.

## ***Communicate To Be Seen***

1. Areas that cannot be seen in your mirrors are called \_\_\_\_\_

2. The most effective form of communication is \_\_\_\_\_
3. The horn is meant to \_\_\_\_\_
4. It is illegal to use your horn in anger in some areas. **True** **False**
5. Passing back the signal helps us to \_\_\_\_\_ the driver following us and increases our chances of remaining \_\_\_\_\_ - \_\_\_\_\_.
6. \_\_\_\_\_ maneuvers are a leading cause for some collisions because they lack sufficient \_\_\_\_\_ to communicate our intentions.

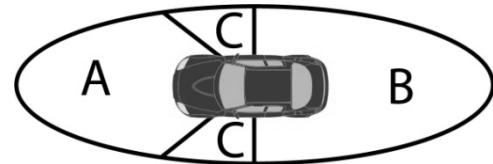
## ***Escape Space Maintained***

1. What are some reasons to increase your following distance? \_\_\_\_\_  
\_\_\_\_\_
2. What is the minimum following distance? \_\_\_\_\_
3. Why do we use time instead of distance when determining following distance? \_\_\_\_\_  
\_\_\_\_\_
4. We like to see the \_\_\_\_\_ tires of the vehicle ahead of us \_\_\_\_\_ the \_\_\_\_\_ when determining where to stop in a line of traffic at an intersection.
5. What space is gained by using the 1-2-3 Count? \_\_\_\_\_  
\_\_\_\_\_
6. What is the minimum following distance in inclement weather? \_\_\_\_\_
4. What is the space which we strive for when driving called? \_\_\_\_\_
5. The LLR is the lane the offers the best \_\_\_\_\_ and \_\_\_\_\_.
6. List the Tailgater Protection Techniques
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
7. Adjust your \_\_\_\_\_ to \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ situations

## ***Scan the Total Traffic Scene***

1. Label the following diagram.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_



2. The Visual Lead should be \_\_\_\_\_ seconds in front of your vehicle.
3. We should be checking our rearview mirror every \_\_\_\_\_ seconds.
4. If your traffic light turns green, you first reaction should be to \_\_\_\_\_.
5. The Sniper Zone is the area in \_\_\_\_\_ of the vehicle that we \_\_\_\_\_ in detail.
6. Hold your gaze on one object for longer than \_\_\_\_\_ seconds results in a Fixed Stare.
7. We use \_\_\_\_\_ before leaving curbs or \_\_\_\_\_.
8. We should \_\_\_\_\_ before slowing, stopping or turning.
9. The PNR is the \_\_\_\_\_.
10. List the 4 Steps to the PNR

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

11. List the clues given by parked cars that they may pull out in front of us

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

***Aiming eye-level over your intended path is  
essential for accurate vehicle  
maneuvering and for collision-free driving!***

## **VOCABULARY YOU SHOULD KNOW**

- **Aim Over Your Path** – Project your central vision at eye level over the center of your intended path
- **Aiming Point** – A specific target toward which to steer your vehicle
- **Arching the Pivot** – Control of the pivot point through any maneuver
- **Blind Spot Check** – The process of turning one's head to check the blind spots
- **Charger** – A moving vehicle in the back half of your Total Traffic Scene
- **Basic Control Technique** – Aim over your path, picture your path, arch your pivot.
- **Clear the Intersection** – Moving your head and eyes left, right, left before moving through and intersection
- **Diamond** – A space cushion on all four sides of your vehicle
- **Eye to Eye Contact** – Making sure someone knows you are approaching by seeing him look right at you
- **Total Traffic Scene** – The area 20-30 seconds ahead and behind and sidewalk to sidewalk that we scan in detail for snipers and chargers
- **Fresh Red or Fresh Green** – A traffic light that has just turned red or green
- **Sniper Zone** – The area to be scanned ahead of your vehicle where you will be in 20-30 seconds
- **LLR (Lane of Least Resistance)** – The lane that provides the best space and visibility
- **Look thru (turn/curve)** – Sighting to the true aiming point as you approach and move through a turn or curve
- **Mirror Check** – The instructor's reminder for you to check to the rear
- **Pass Back the Signal** – Make sure the car to the rear is aware you are stopping, slowing, turning, etc.
- **Point of No Return (PNR)** – The point after which it is no longer safe to stop without entering the intersection
- **Pivot Point** – The portion of your car that you arch over the center of your intended path.
- **Read the Mirrors** – A driver often can check the outside mirror of a parked vehicle to look for the presence of a driver
- **Read the Silhouette** – Checking for a driver at the steering wheel of a parked vehicle through the rear window
- **Fixed Stare** – Holding a gaze on any one thing that attracts your attention for longer than 2 seconds
- **Quick Glance Technique** – Moving your line of vision at least every two seconds to prevent fixed or blank stares
- **Sniper** – A car or pedestrian that may pull into your path causing a conflict
- **Space Cushion** – Surrounded by space which provides stopping or swerving distance.
- **Stale Green Light** – One that has been green for a while and is likely to change soon
- **Blank Stare** – The very dangerous state of allowing your thoughts to wander while driving (day dreaming)
- **1-2-3 Count** – Delay to build space before moving forward after being stopped in a line of traffic
- **Timed Interval** – A way of determining your following distance with the help of a fixed reference point
- **Triangle** – Space cushion on three sides (Front, Back, Left or Right)
- **Void Area** – The ground area around the vehicle not visible to the driver
- **Wheel Check** – A quick glance at the front tire of other vehicles to predict movement
- **Defensive Driving** – To drive collision free in spite of the incorrect actions of others and adverse conditions