**Course #**

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| ✔ | **Exercise:** | **Taught by:** | **Date:** | **Location:** |
|  | Toe clip |  |  |  |
|  | Shoulder checks |  |  |  |
|  | Track Stand |  |  |  |
|  | Figure 8 |  |  |  |
|  | Stop and Turn |  |  |  |
|  | Water Bottle Coordination |  |  |  |
|  | M-Drill |  |  |  |
|  | Rock Dodge |  |  |  |
|  | Instant Turn |  |  |  |
|  | Crossover Drill  Straight  Serpentine  Off-Set Serpentine  Two Officer Off- Set Serpintine |  |  |  |
|  | Shoulder Lock |  |  |  |
|  | Emergency Braking |  |  |  |
|  | Shoulder Lock |  |  |  |
|  | Powerslide |  |  |  |
|  | Powerslide Dismount |  |  |  |
|  | Dismounted / Self Defense:  Bike as a Barrier  Wheel Up  Bike Roll  Bike Throw  Bike Drop |  |  |  |
|  | Chain Derailment Drill |  |  |  |
|  | Curbs & Stairs |  |  |  |
|  | Sandwich |  |  |  |
|  | Traffic Stops |  |  |  |
|  |  |  |  |  |