EASE THE SQUEEZE.

Okay, MOTOCHX - your hands don't need to do everybody's job.

Use this card before an easy practice section and after you stop.

YOUR STARTING CUES

Long legs. Soft knees. Hinge at your hips. Elbows up and out, ready to respond.
Let your legs support you. Maintain a secure grip and full control.

01 / STANDING

Stand smarter. Save your legs.

Use a comfortable hip hinge and avoid holding a deep squat. Let your heels drop slightly when appropriate; move your feet as needed for the controls.

02 / ACCELERATION

Hips forward. Keep your hinge.

Shift your hips forward while maintaining your upper-body hinge. Support yourself through your feet and lower body; keep your arms adaptable.

03 / BRAKING

Hips rearward. Keep your hinge.

Shift your hips rearward while maintaining your upper-body hinge. Support through your legs, keep the controls accessible and avoid rigid arms.

04 / UPHILL

Hips forward. Match the climb.

Shift your hips forward while maintaining your upper-body hinge. Adapt to the slope, balancing front-wheel control and rear-wheel traction.

05 / DOWNHILL

Hips rearward. Match the descent.

Shift your hips rearward while maintaining your upper-body hinge. Adapt to the slope, keep brake access and avoid hanging rigidly off the back.

These are starting ideas, not fixed poses. Terrain, traction, slope, speed and your setup change the right response. A slope and a speed change can happen together.

ONE RIDE. ONE FOCUS.

You don't need to change everything at once. Choose one cue, practice on suitable ground, then reflect after you stop.

BEFORE YOU RIDE

- [ ] Choose a suitable practice area and one position cue.
- [ ] Check boot positioning and brake reach: while standing, practice fully applying and releasing the rear brake by changing your boot's angle, keeping the same contact point on the peg. Avoid lifting your boot and changing its position on the peg to reach the brake.
- [ ] Keep shoulders relaxed. Elbows up and out, ready to respond.
- [ ] Notice whether your legs and hips are supporting your position.

AFTER YOU STOP

Did better body support help me ease extra hand tension while keeping a secure grip and full control?

My one cue: _____

What I noticed: _____

Next time: _____

BONUS / PRACTICE YOUR POSITION

With the engine off and your bike securely supported, practice your ready ("charge") position. Shift your hips forward for acceleration while maintaining your upper-body hinge; reverse the hip shift for deceleration. Say "acceleration" or "deceleration" out loud. Return to ready position between shifts.

For practice with both wheels on level ground, have a capable friend stabilize the bike from the rear. Keep movements small.

Sharing is optional: tag @motochx + #MOTOCHXPositionCheck. Individual video feedback and live sessions are separate paid coaching services.

SAFETY: Stay in control. You are responsible for throttle and brake control at all times. Only perform these drills if medically cleared to ride and exercise. Use a secure setup for stationary practice; weight shifts can tip the bike. A regular maintenance stand may tip or let the bike slide off; use only a setup designed and secured for bike plus rider. Stop if you experience pain, numbness, dizziness or loss of control. Participation is voluntary and involves a risk of injury.

Brake setup: follow your model's manual for pedal position, specified free travel and full release. An overly high pedal can catch your boot during position changes. Keep pressure off it when you are not braking.

Learning references: MSF DirtBike School / SR75 body-position guidance.