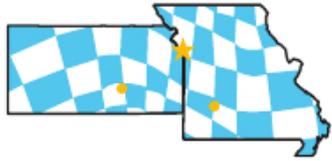


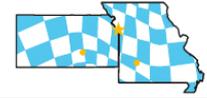
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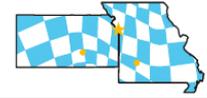
Session #1

DE Objectives



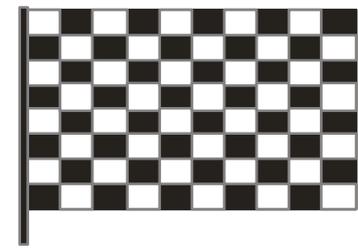
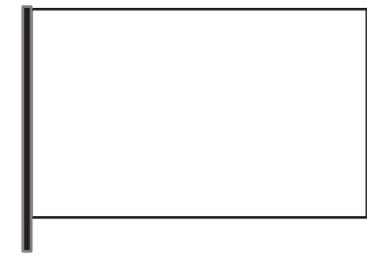
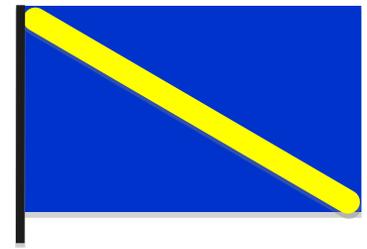
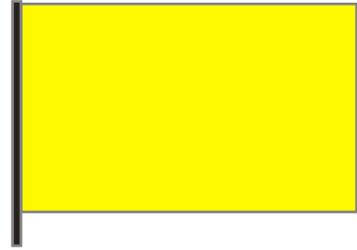
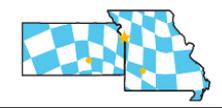
- ▶ **Learn.**
 - ▶ **Keep open mind – listen, then apply.**
- ▶ **Strive for progression.**
 - ▶ **Safe speed before fast speed.**
 - ▶ **Stay relaxed & comfortable.**
- ▶ **Have fun!**

Flags

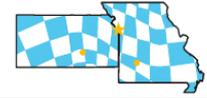


- ▶ **Are there to keep you safe.**
- ▶ **You must obey all flags.**
- ▶ **Acknowledge flags.**

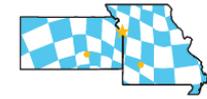
Flags



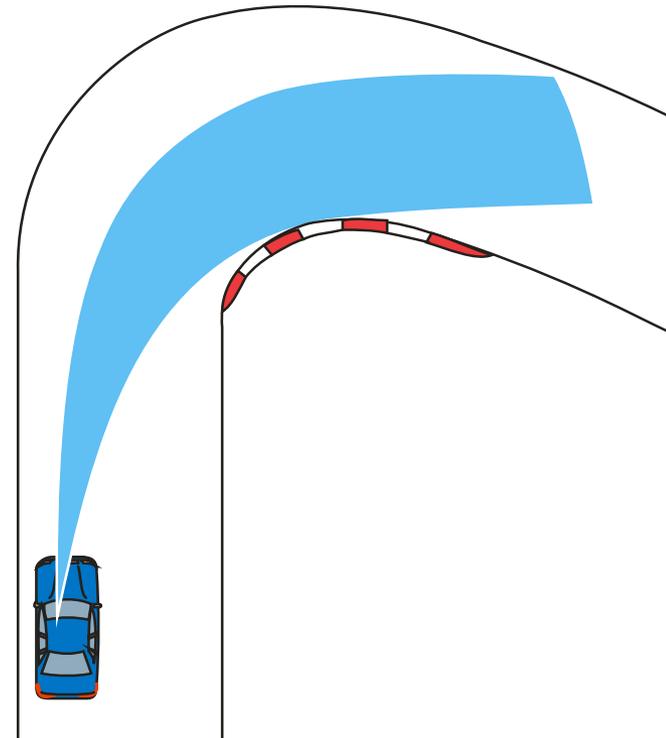
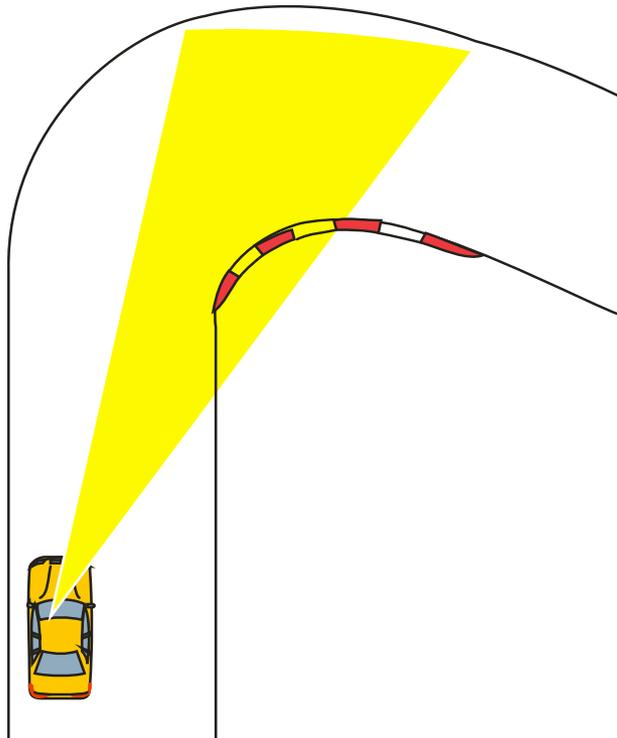
Instruction



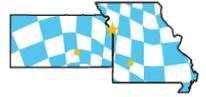
- ▶ **Safety is #1.**
- ▶ **Focus on the Session Objectives.**



- ▶ **Look ahead – High Aim Vision.**
- ▶ **Look where you want to go, not where you don't want to go.**
- ▶ **Look through the turns.**



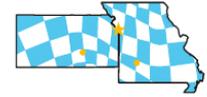
Mental Preparation



- ▶ **If you can't do it in your mind, you won't be able to do it on the track.**
- ▶ **Take a few minutes to get a clear mental image before hitting the track.**

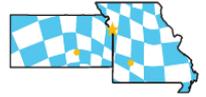


Q & A



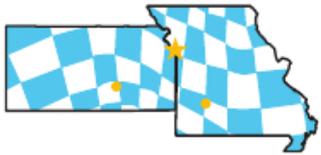
- ▶ **Questions?**
- ▶ **Problem areas?**

On-Track Objectives – #1



- 1. Look far ahead & through the turns.**
- 2. Use mental imagery.**
- 3. ?**

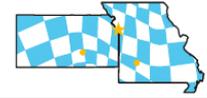
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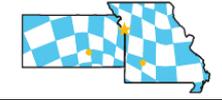
Session #2

1st Session?

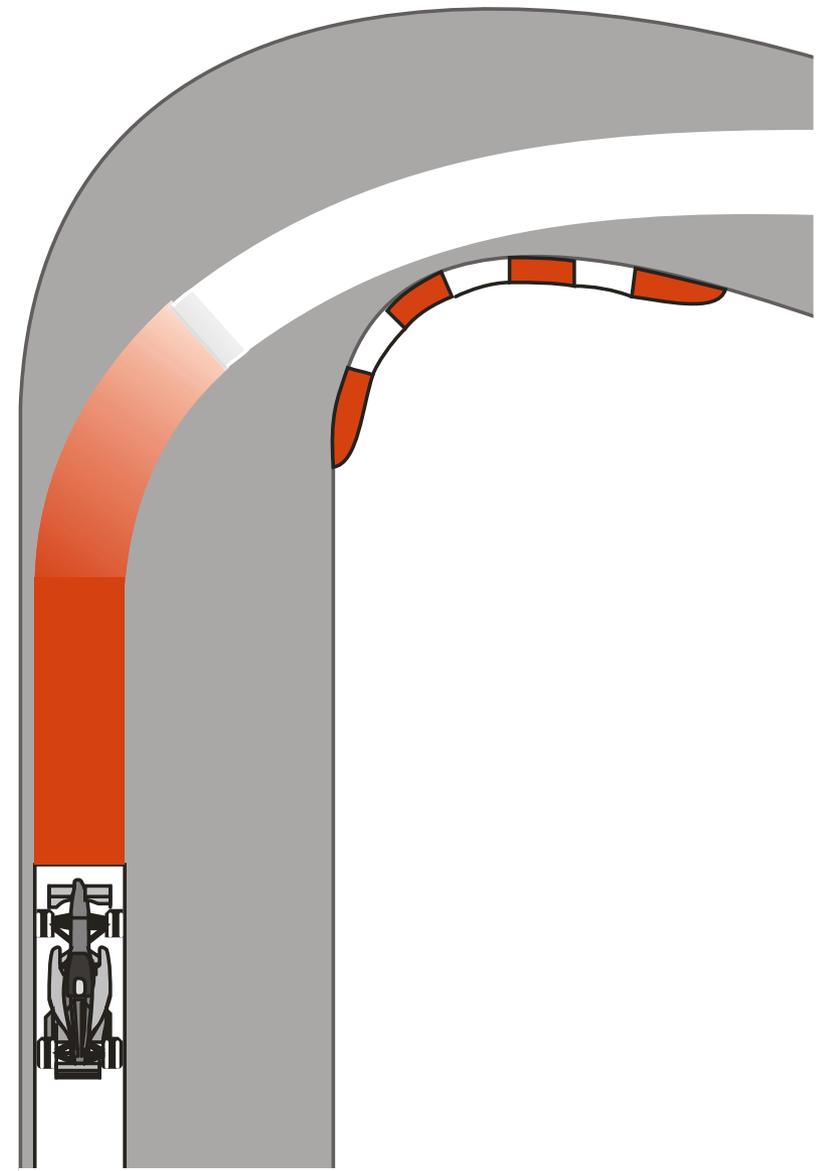


- ▶ **How did it go?**
- ▶ **Questions?**

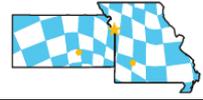
Trail Braking



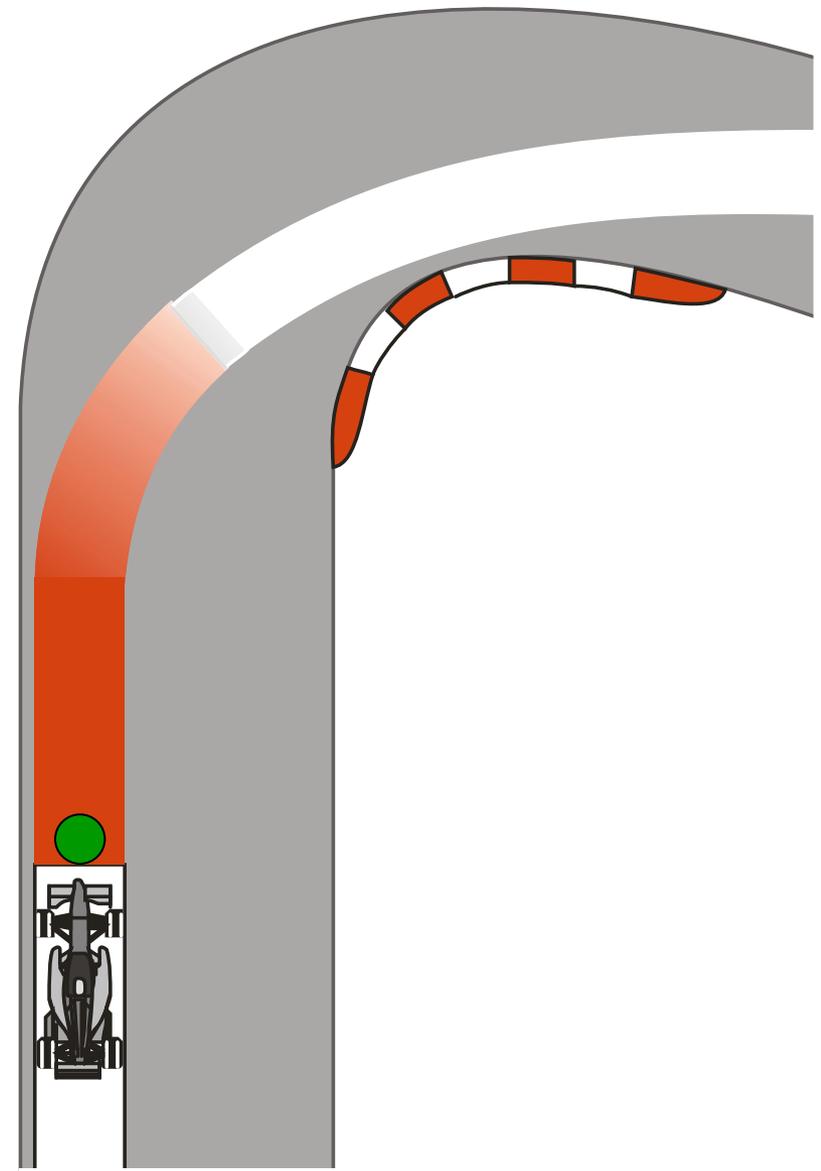
What is Trail Braking?



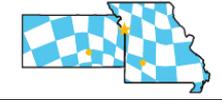
Trail Braking



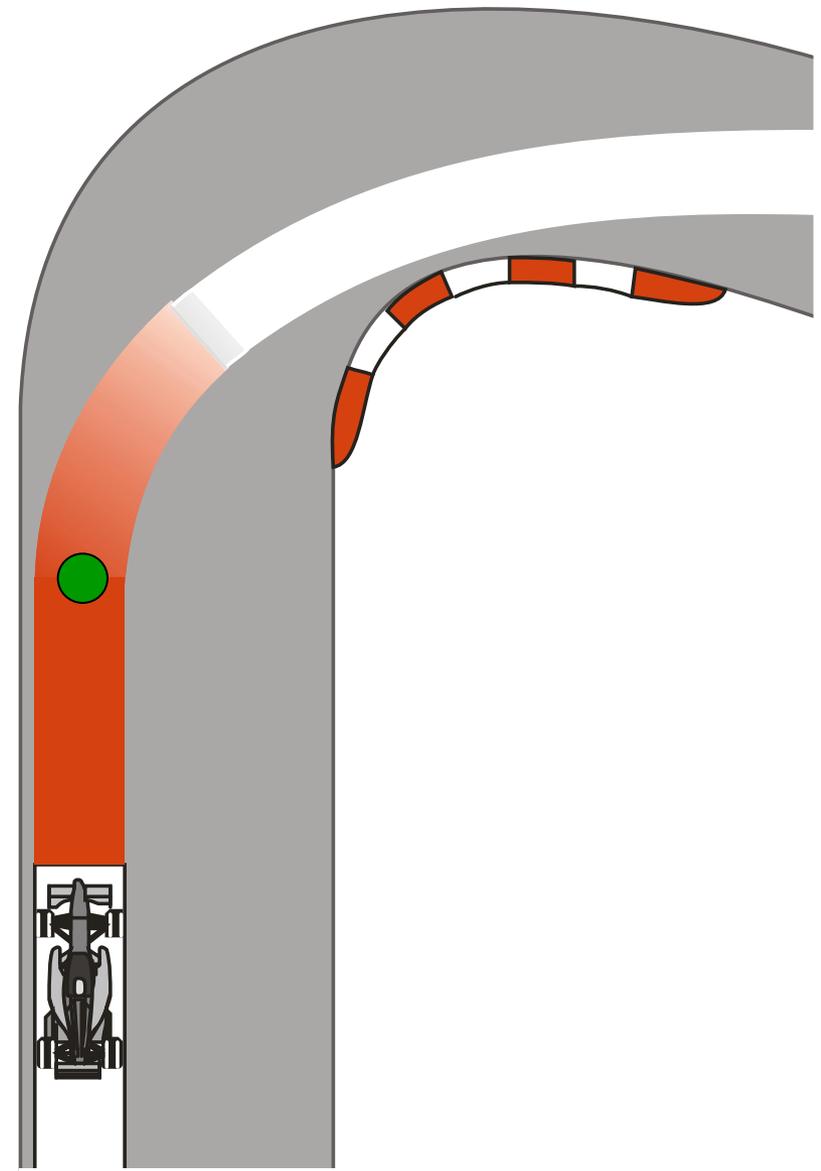
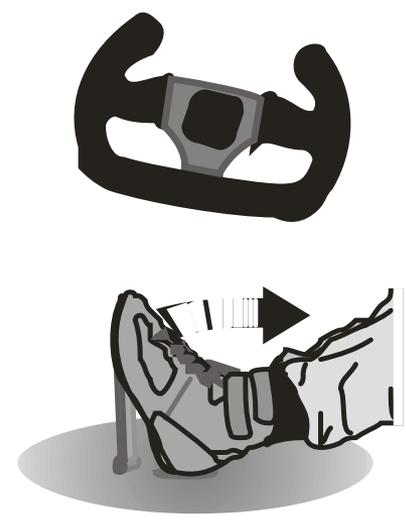
What is Trail Braking?



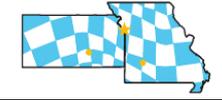
Trail Braking



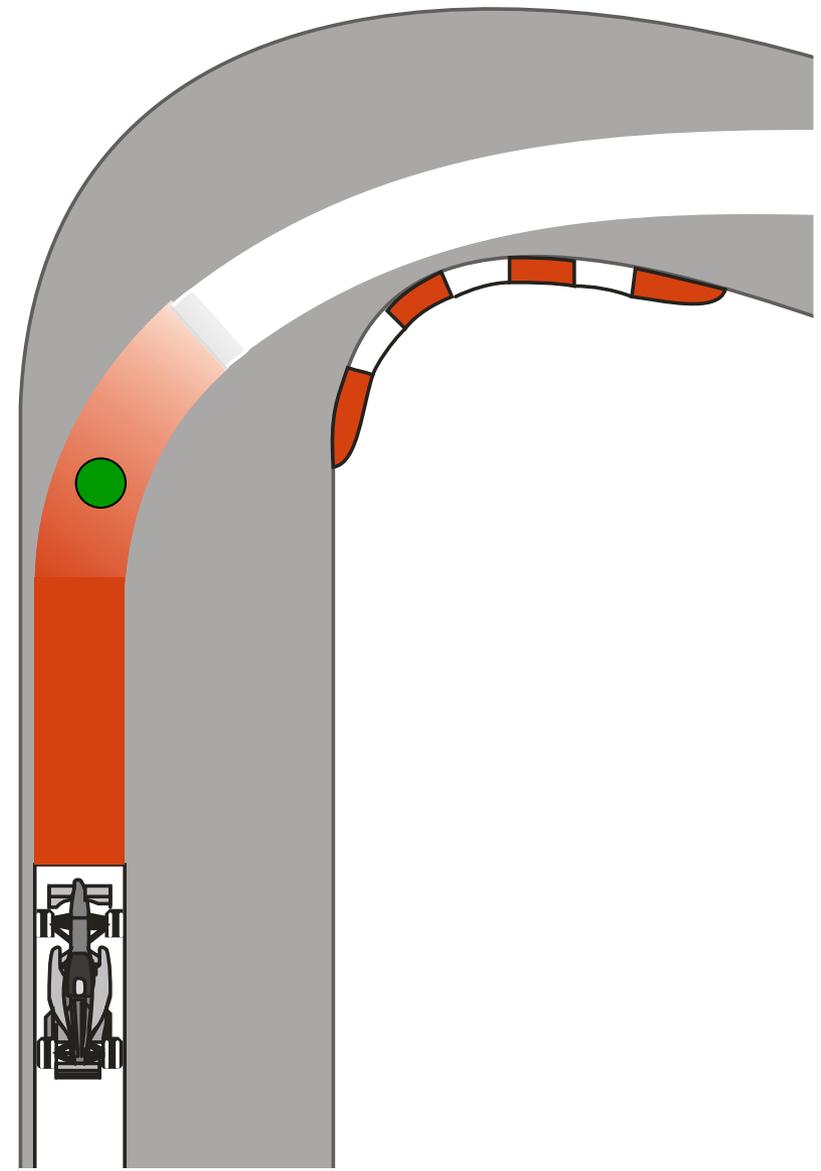
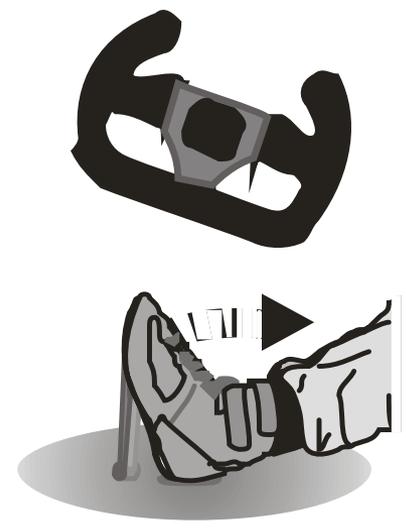
What is Trail Braking?



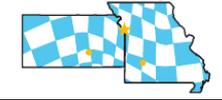
Trail Braking



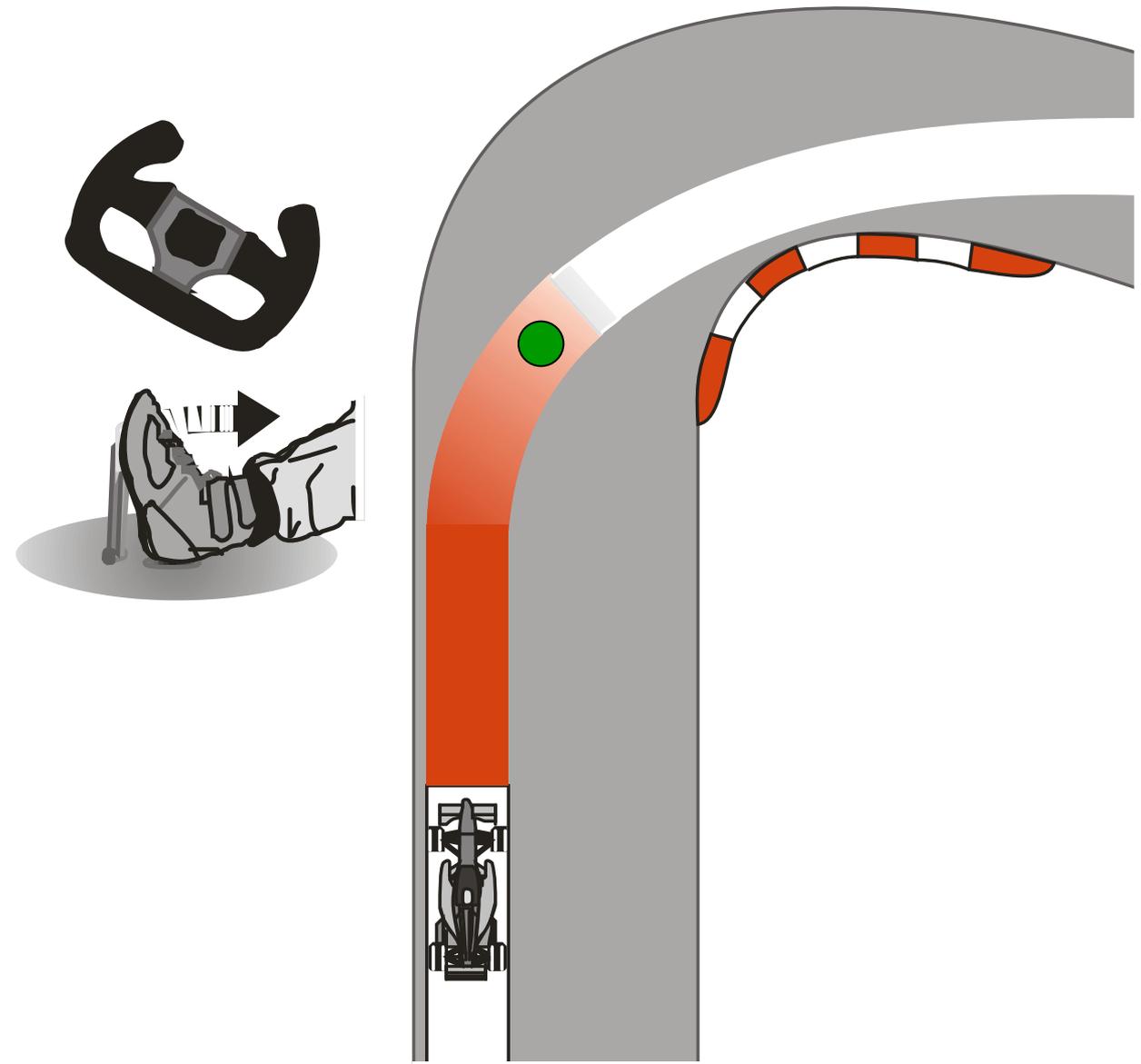
What is Trail Braking?



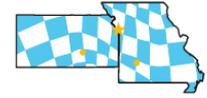
Trail Braking



What is Trail Braking?

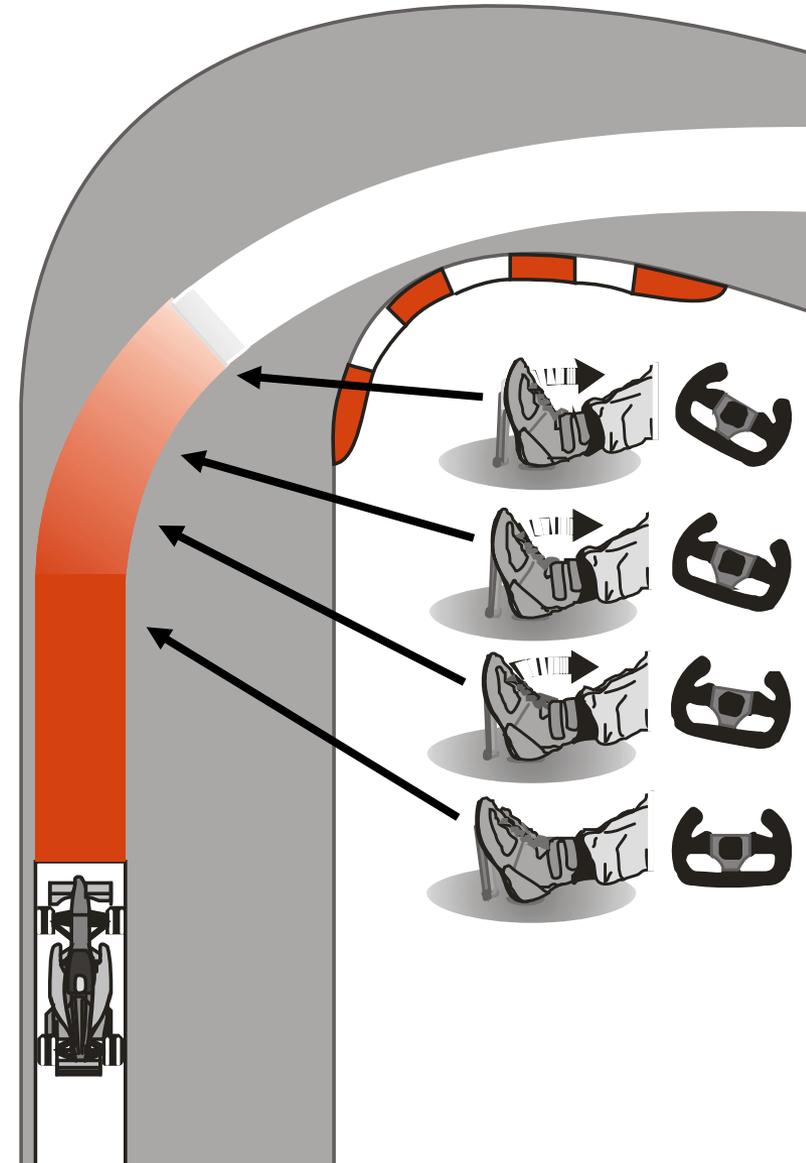


Trail Braking

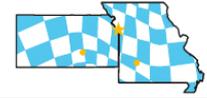


What is Trail Braking?

- ▶ **Trading off braking for cornering, by easing or “trailing” your foot off the brake pedal while turning into a corner.**

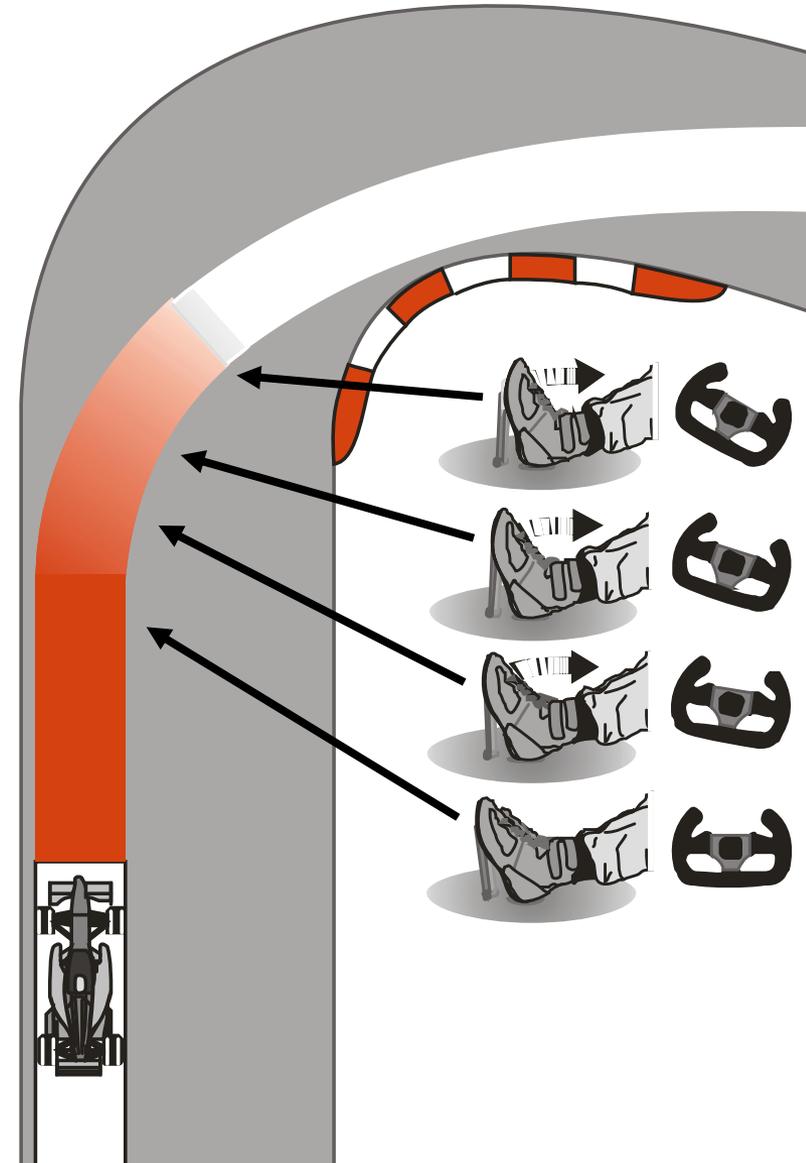


Trail Braking

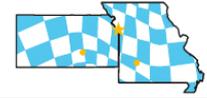


What Trail Braking isn't:

- ▶ **Braking against throttle.**
- ▶ **Braking to apex.**
- ▶ **Left foot braking.**

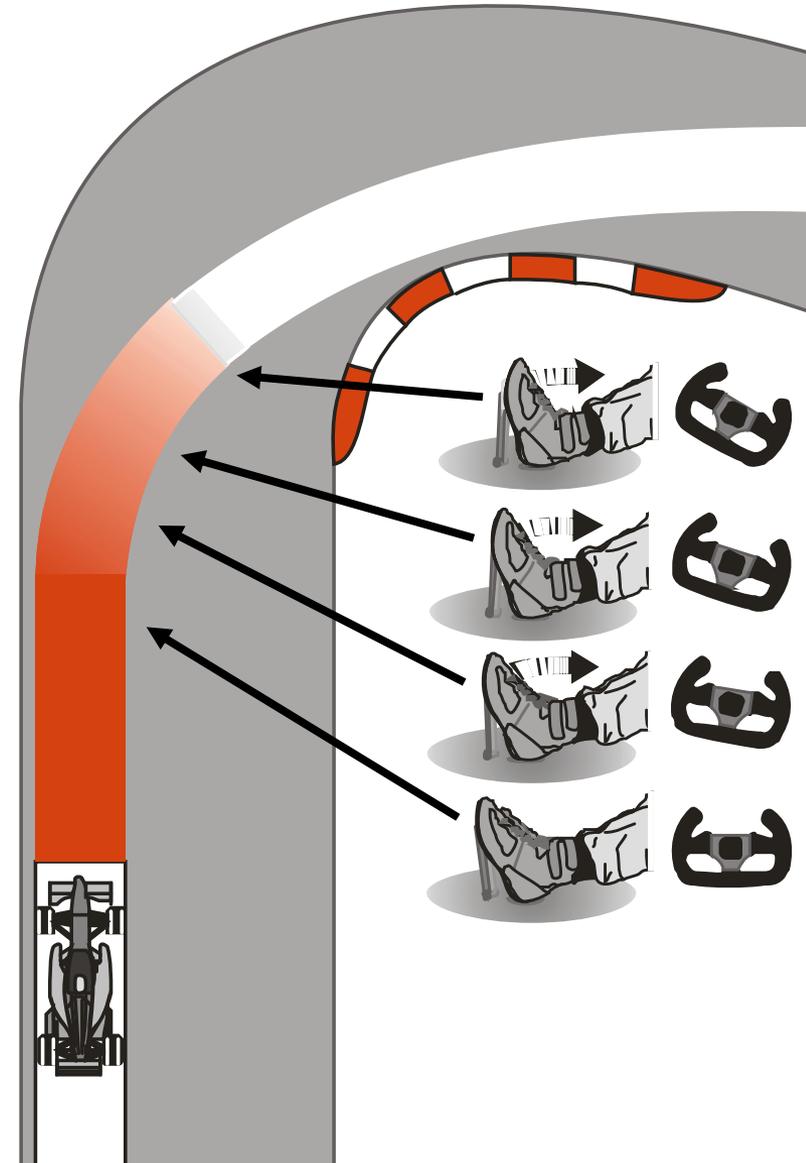


Trail Braking

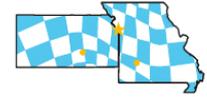


Why we Trail Brake:

- ▶ **Use 100% of traction.**
- ▶ **Use weight transfer to your advantage.**
- ▶ **Allow later braking.**

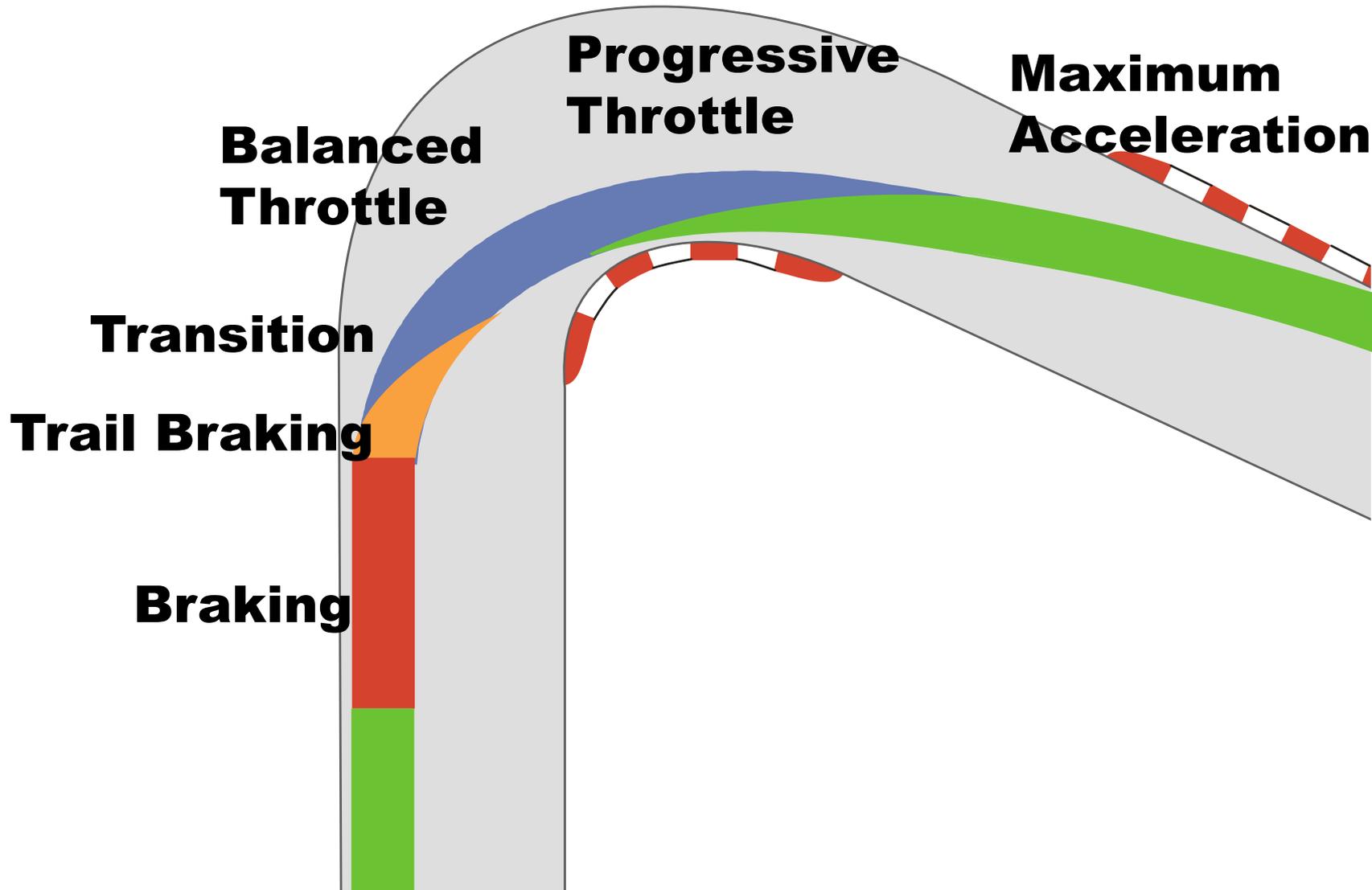


Trail Braking

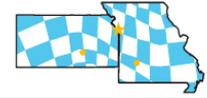


- ▶ **Should trail braking be used in every corner?**
- ▶ **General rules:**
 - ▶ **The faster and longer the corner, the less trail braking you should use and the earlier you need to be on the power.**
 - ▶ **The more you need to rotate the car - the slower and tighter the corner - the more trail braking you should use to help rotate the car.**

Control Phases

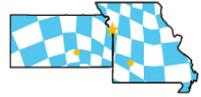


Q & A



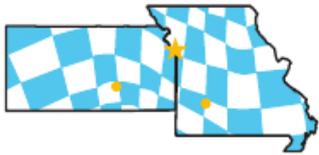
- ▶ **Questions?**
- ▶ **Problem areas?**

On-Track Objectives – #2



- 1. Focus on Trail Braking – the timing and rate of the release of the brakes.**
- 2. Focus on a seamless transition from brakes to throttle.**
- 3. ?**

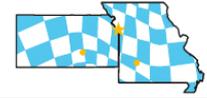
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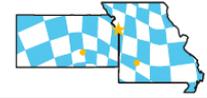
Session #3

2nd Session?



- ▶ **How did it go?**
- ▶ **Questions?**

100% Tire Rule



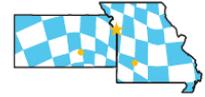
**You can use 100% of a
tire's traction for:**

- ▶ **Braking**
- ▶ **Cornering**
- ▶ **Acceleration**

Or a combination of two...

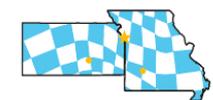
But you cannot use more than 100%.

Braking Points



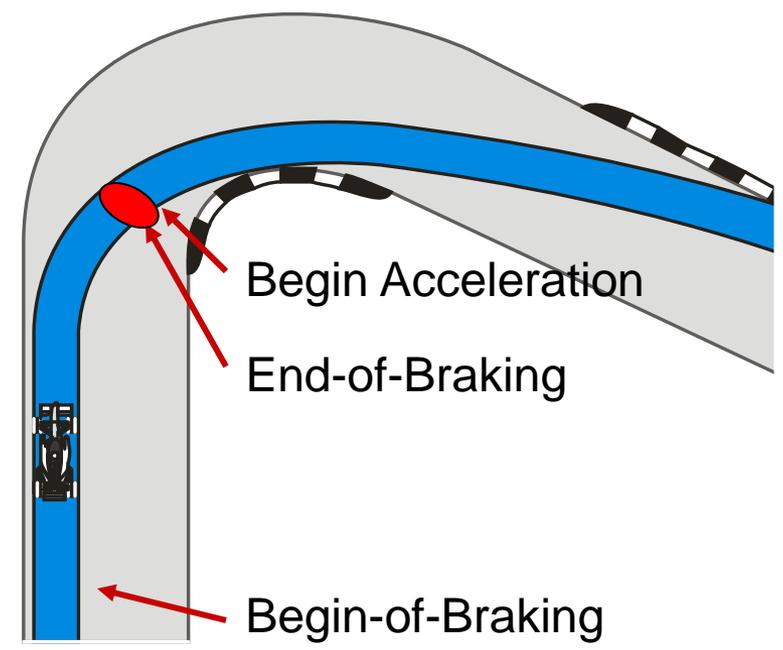
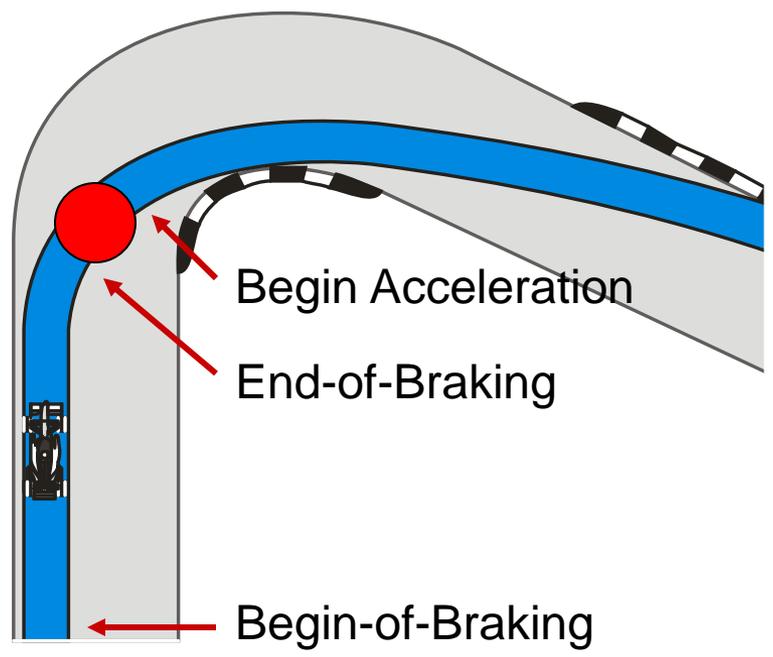
Reference Points:

- ▶ **Begin-of-Braking.**
- ▶ **End-of-Braking.**

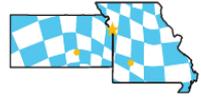


Braking Points

- ▶ **Begin-of-Braking vs. End-of-Braking.**
- ▶ **Focusing on End-of-Braking results in less “nothing” time.**

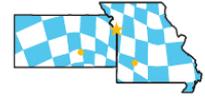


“Taking a Set”



- ▶ **Definition: The point in the turn when all the weight transfer you are going to cause, has occurred.**
- ▶ **The car is most stable, and has most traction, when it has taken a set.**

Remember...

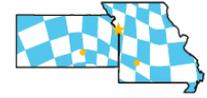


Your feet should either be on the brakes, squeezing the throttle down, or flat to the floor.

The less time spent braking, the faster you'll be.

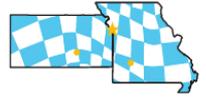
The more time you spend with the front wheels pointed straight ahead - or near straight - and the throttle to the floor, the faster you will be.

Q & A



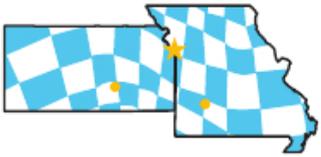
- ▶ **Questions?**
- ▶ **Problem areas?**

On-Track Objectives – #3



- 1. Focus on the End-of-Braking point.**
- 2. Feel the car Take a Set.**
- 3. ?**

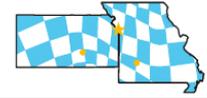
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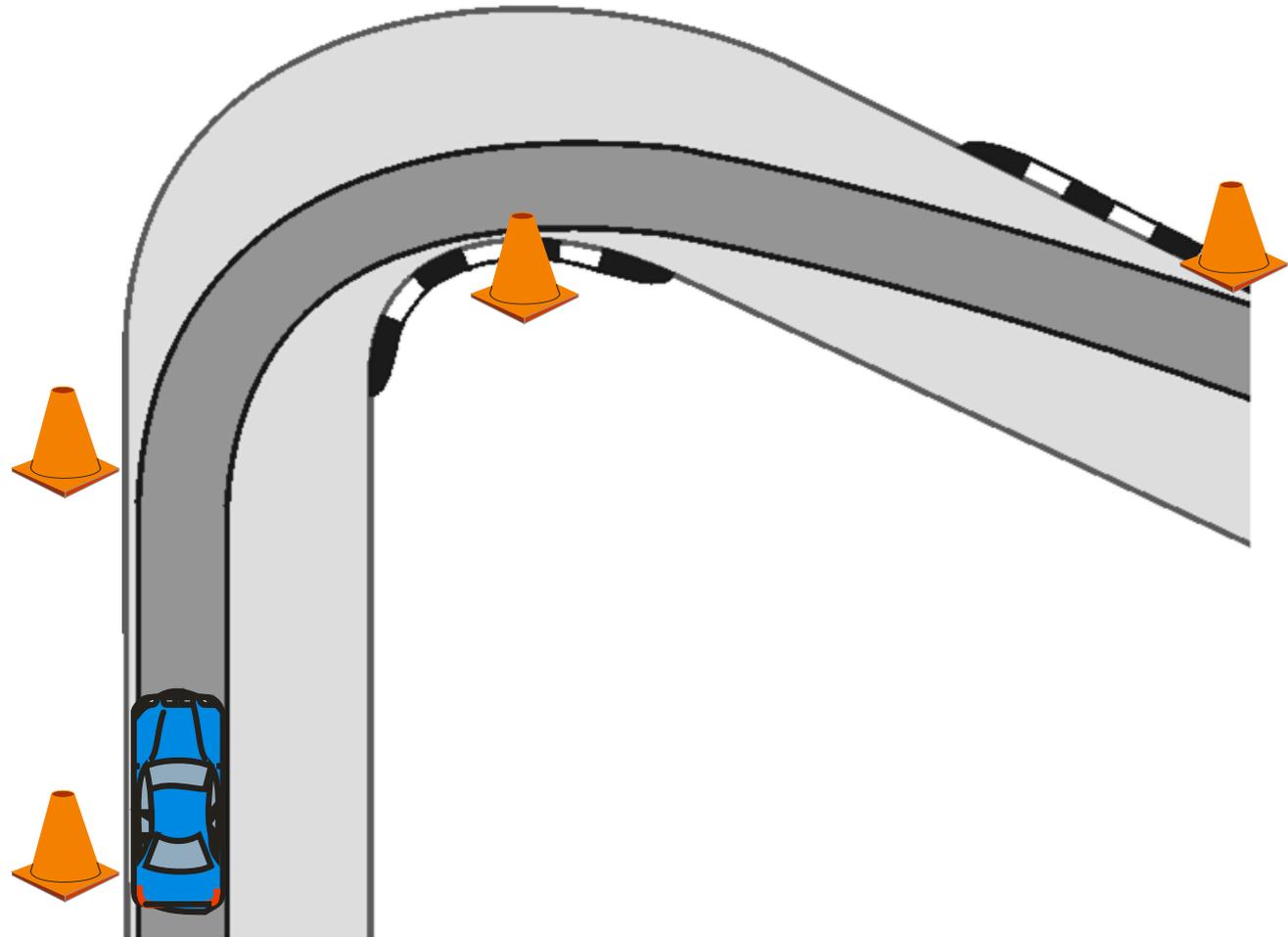
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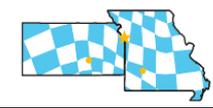
Session #4

Sunday Morning...



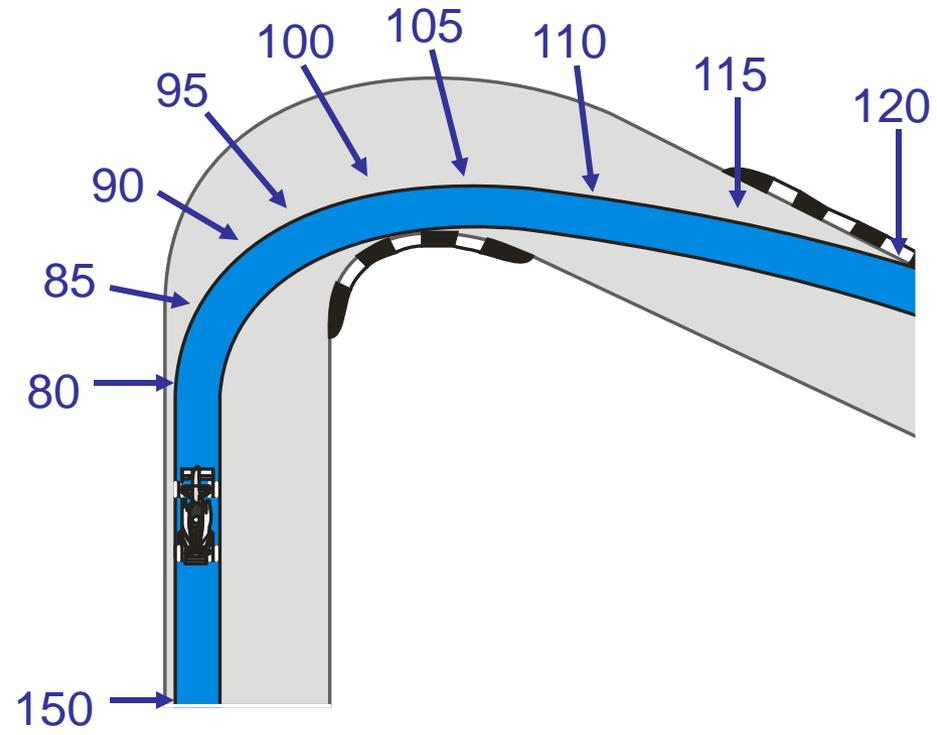
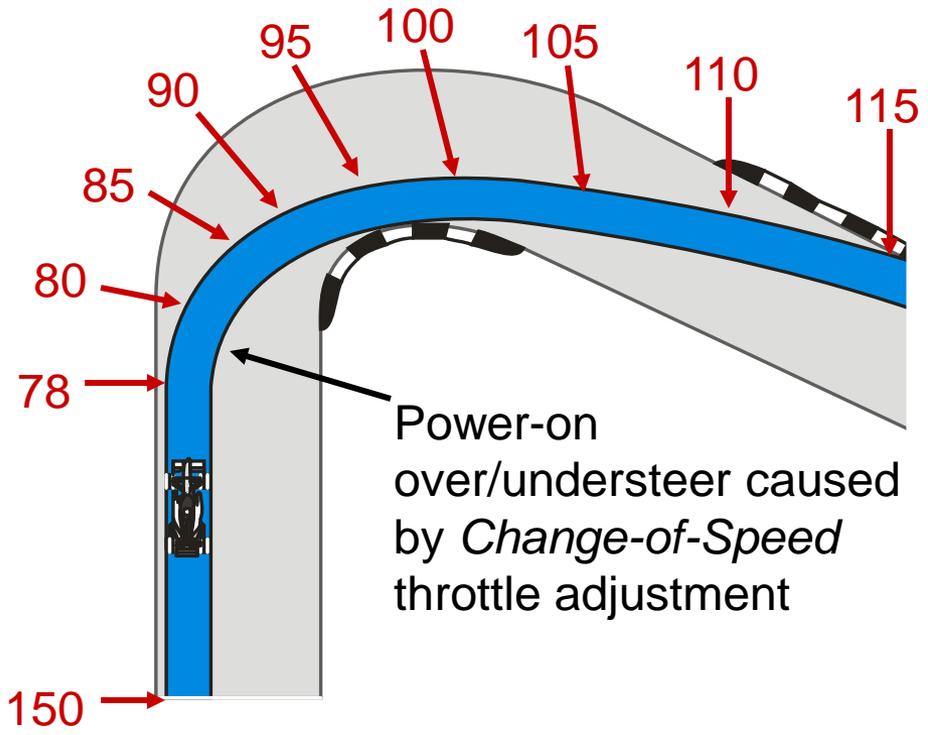
- ▶ **How did yesterday go?**
- ▶ **Questions?**
- ▶ **Cones...**



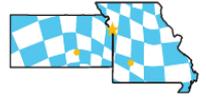


Change-of-Speed

► The affect of over-slowng the car...



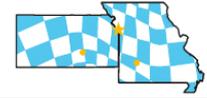
Remember...



The less change in speed through a corner, the faster you will be.

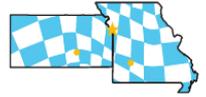
Corner entry speed is more important than late braking.

Q & A



- ▶ **Questions?**
- ▶ **Problem areas?**

On-Track Objectives – #4



- 1. Focus on your Entry Speed.**
- 2. Minimize your Change of Speed.**
- 3. ?**

