



Core Skills

Attack position • Braking • Cornering • Pedaling • Pumping

Practice the basics. Focus on one thing at a time.

Check out www.leelikesbikes.com for:

- The best-selling MTB how-to book “Mastering Mountain Bike Skills”
- Private and group skills clinics
- All sorts of fun bike stuff!

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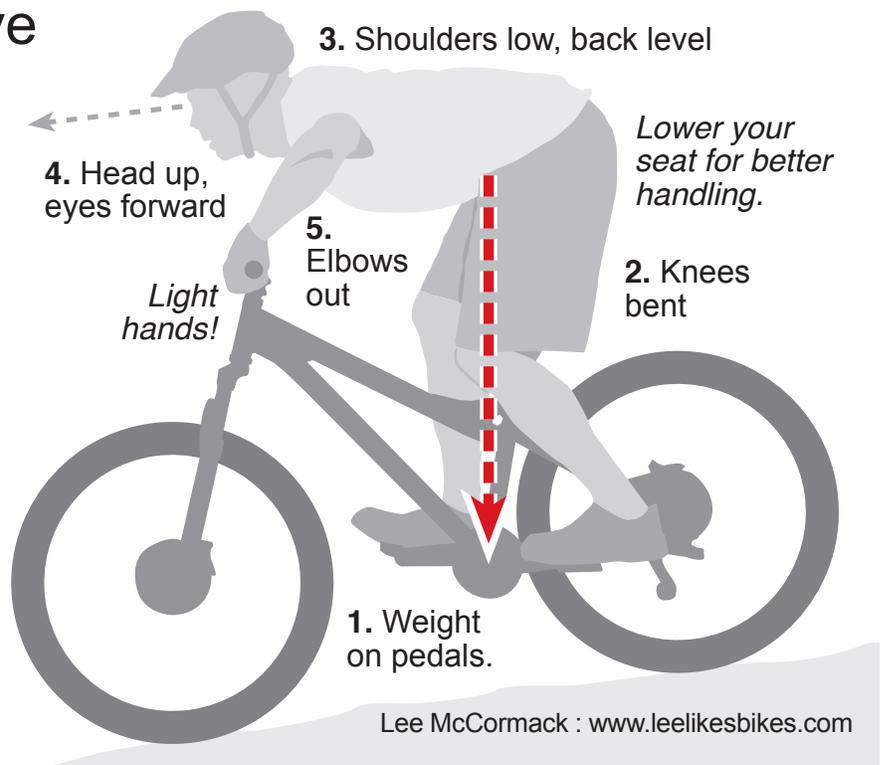
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Practice your attack position

Almost every move (braking, turning, pumping, etc.) starts and finishes in this position.

Focus on one thing at a time.

Soon this position will be automatic!

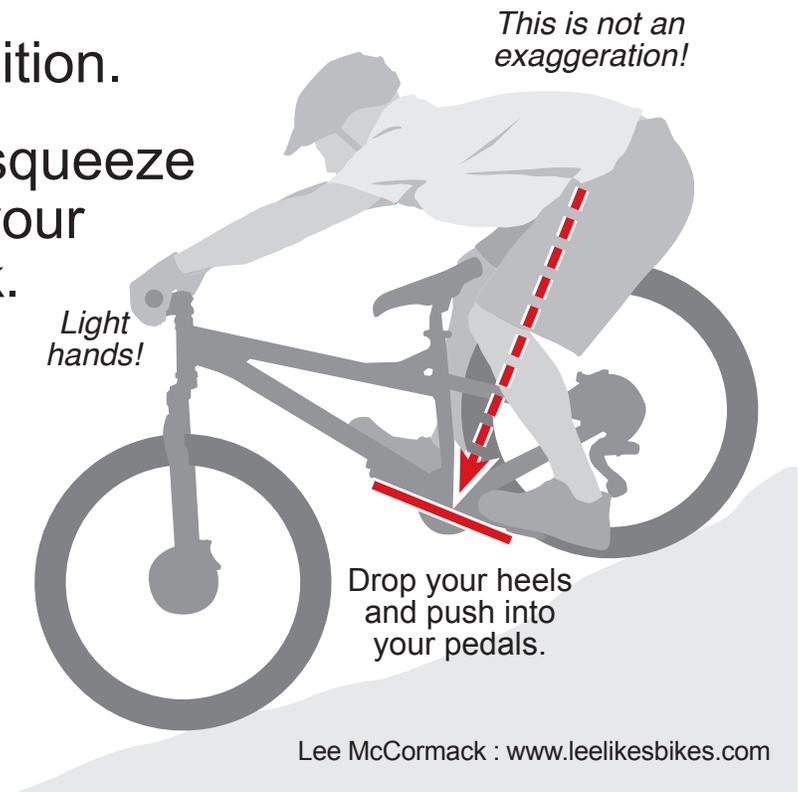


Slow down safely

1. Start in attack position.
2. As you gradually squeeze both brakes, rotate your body down and back.

*Press into your feet,
not your hands!*

3. Gradually release the brakes and resume attack position.



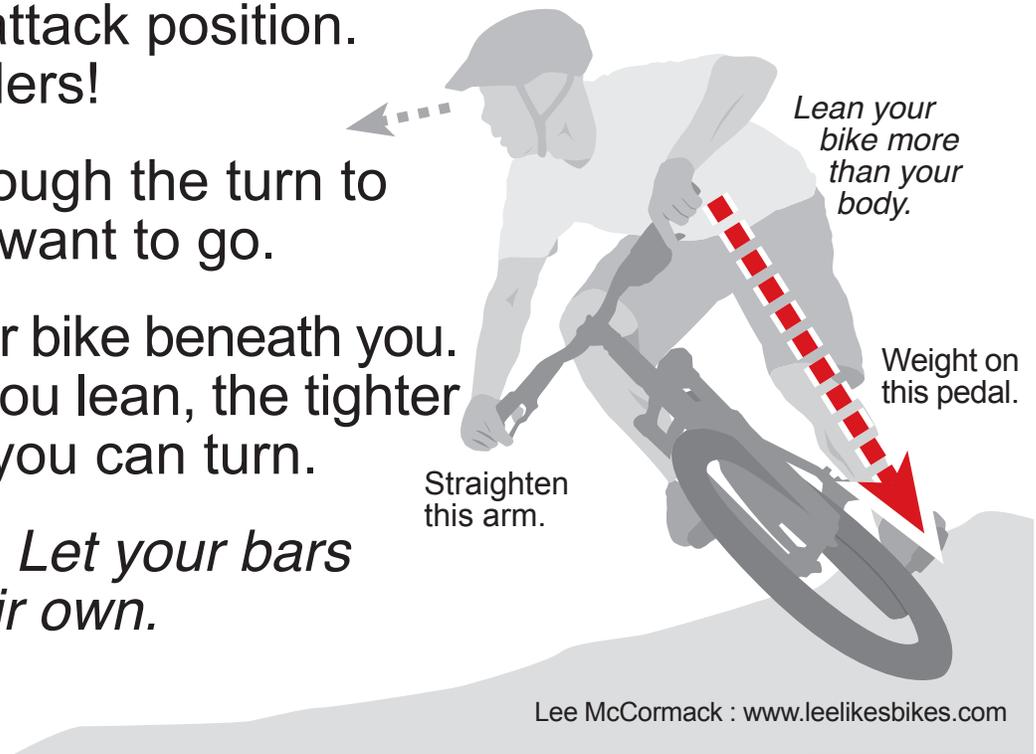
Turn on a dime (or a rock)

1. Start in attack position.
Low shoulders!

2. Look through the turn to
where you want to go.

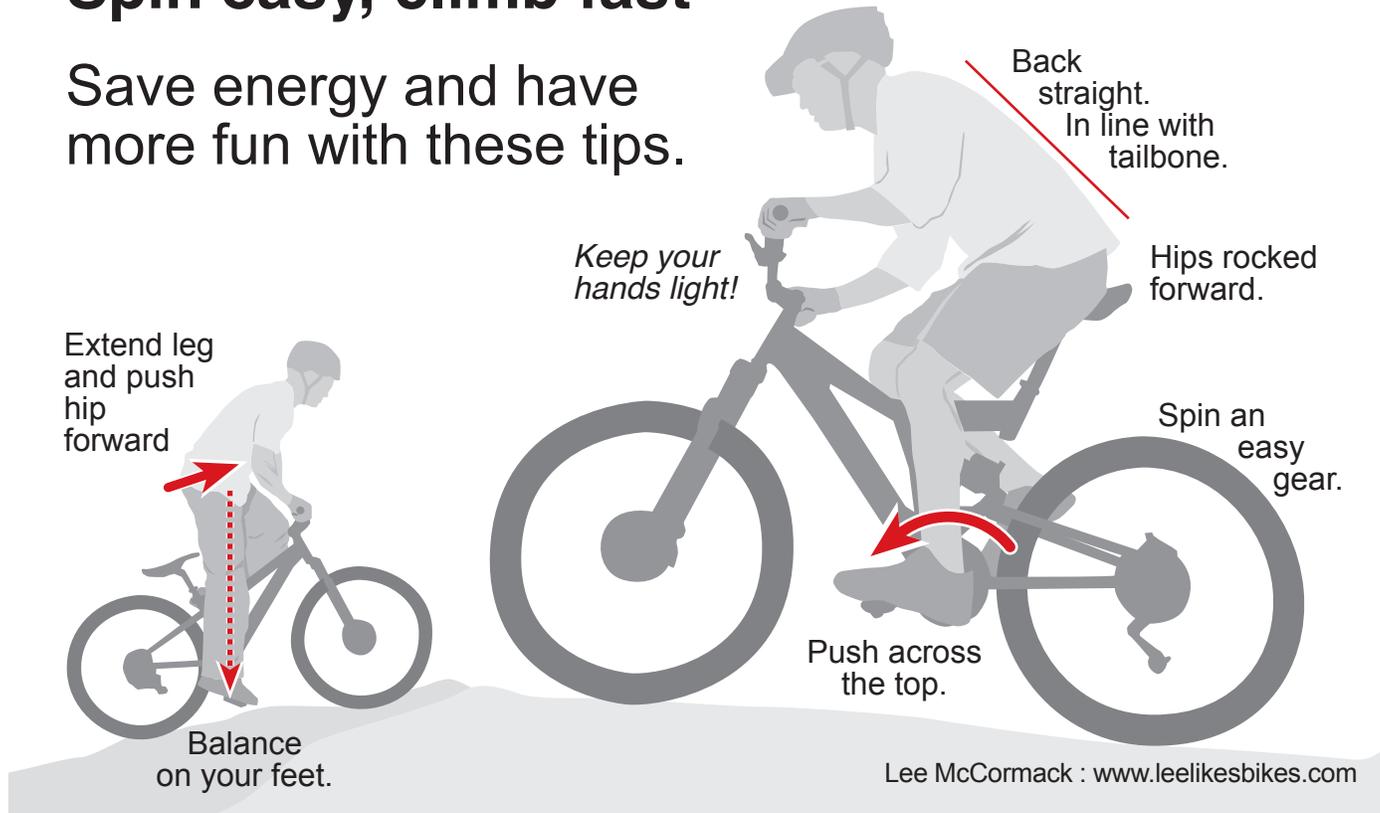
3. Lean your bike beneath you.
The more you lean, the tighter
and faster you can turn.

*Stay loose. Let your bars
turn on their own.*



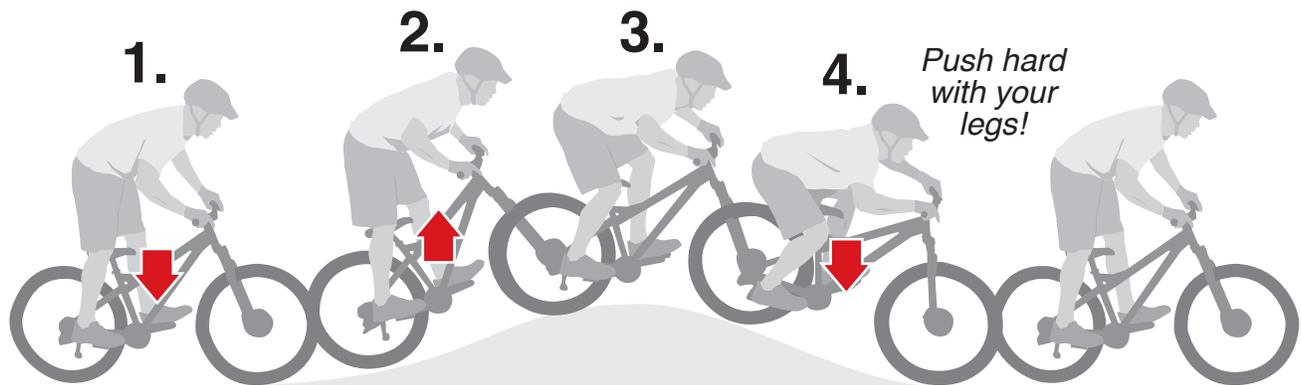
Spin easy, climb fast

Save energy and have more fun with these tips.



“Pump” bumps on the track and trail

1. Push down before the bump.
2. Pull over the front of the bump.
3. Get low on top of the bump.
4. Push down the back of the bump.



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