

Knee Down FAQ's

Will I get my knee down if I attend Knee-Down School?

So far, we've achieved an almost 100% success rate...so we're pretty confident that you will. Of course, we can't work miracles, but we will do our best to ensure you go home 100% satisfied.

What does it feel like to get your knee down for the first time?

Fantastic. It's something that's difficult to describe. It's a euphoric sensation that most people only experience a few times in their lives. People refer to it as 'losing your kneedown virginity' and there's a very good reason for it. It's almost as satisfying to share someone's first knee-down experience – and that's one of the reasons we run Kneedown School

Will I enjoy the day?

Everyone attending Kneedown School enjoys the day immensely. One student described it as 'the best day of my life ever'. Not everyone would go quite that far, but most rate it as the most enjoyable day out they've had, their best biking day etc. We're pretty sure you'll love it.

What facilities do you have?

We have a good quality tarmac training area, which is representative of what you'd experience on the road. Toilets are on site as is a covered viewing area. Drinks and snacks are available on site and you could always bring your own lunch if you wish!

How do I book?

Use our easy online booking facility, or contact us on 020 8597 7333 or 0800 848 8418, to find out available dates and make a deposit payment over the phone.

Can I buy a gift voucher for someone else?

For the biker in your life, a gift voucher for Kneedown School, or Wheelie School, is just perfect! Just visit our website, or give us a call, and we'll take care of the rest. For that special event, why not give a 'back to back' gift voucher providing both fantastic experiences?

Is Kneedown School open to women and men?

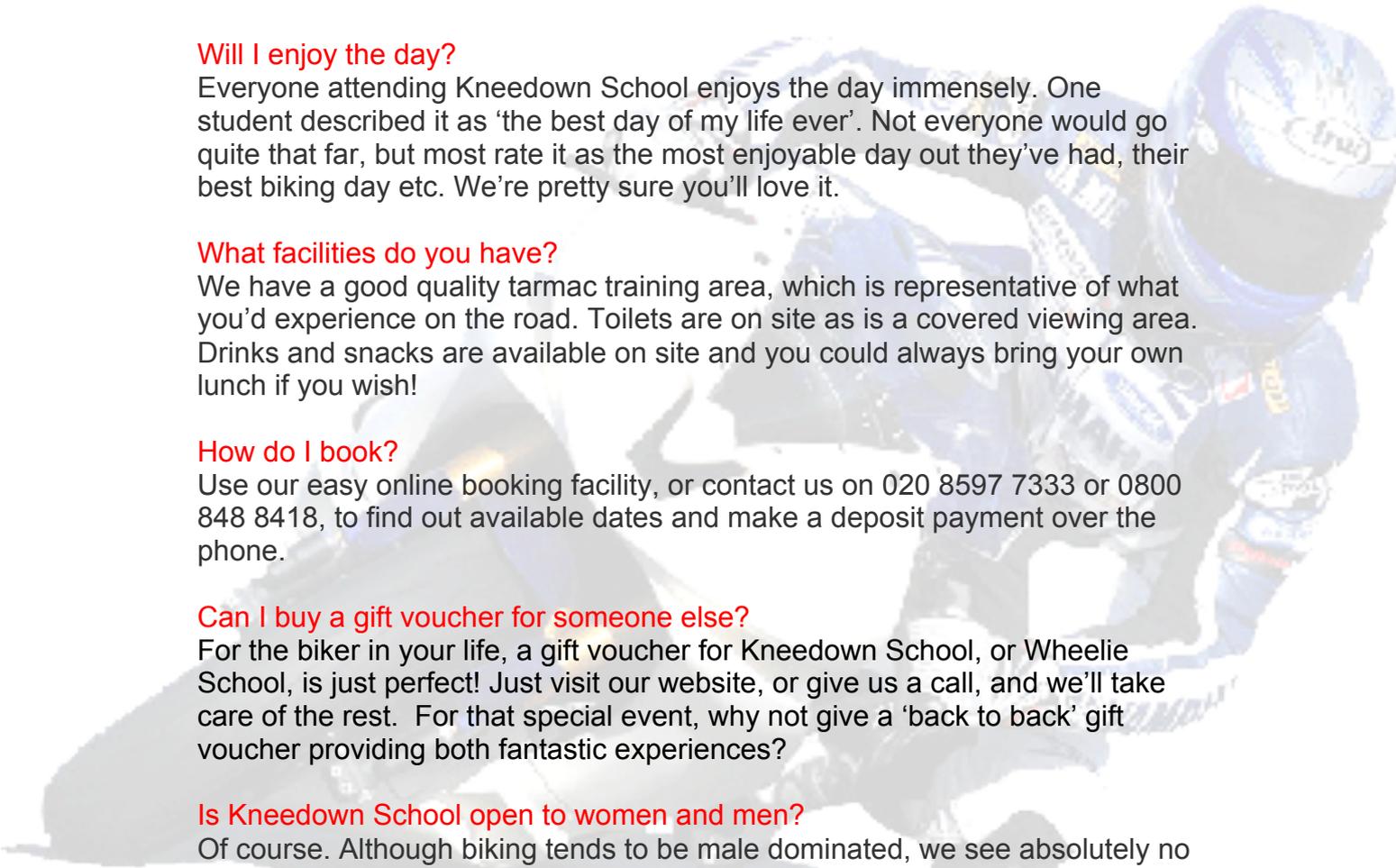
Of course. Although biking tends to be male dominated, we see absolutely no reason why women shouldn't enjoy the day just as much.... And they do, more often than not actually managing to get their kneedown before most of the gents – much to their envy!

What about minimum height or age?

We insist that you must be aged 19 and have a minimum height, barefoot, of 5' 4". Experience tells us that any lower height compromises safety and lessens the chance of success.

Do I need to be very experienced rider, or a track-day enthusiast?

Not at all. We've trained people with very little riding experience, as well as people with almost 40years biking experience. We've trained people who have never gone anywhere near getting their knee down, to those who have in the past, but want to learn how to perfect their technique. Everyone takes



away something new from the course, as getting your knee down is not something you go out and practice on a day-to-day basis.

Do I need a motorcycle licence?

Yes. You will require a full unrestricted Category A motorcycle entitlement on your licence. We don't allow students that haven't passed their motorcycle test. If you have a UK or European licence, you are entitled to attend. If you are unsure whether you qualify, please give us a call or email.

I am currently on a driving/riding ban. Can I still attend the course?

Unfortunately not. Your licence must be valid, and we cannot accept any people who are currently on a ban or disqualified from driving/riding.

Do you offer Exclusive Corporate or Club Training Days?

Yes, we can offer exclusive training either at our training location in London or at your own location if you have suitable tarmac (subject to inspection and approval). If you would like to have an exclusive training day arranged for your club, corporate event or even if you just want a private training day with a group of mates. Exclusive training days are subject to minimum attendance of 5 people. Please contact us for more information.

What if it rains?

If light rain or showers are predicted we will generally go ahead with the event. If heavy or prolonged periods of rain are forecast, we may decide to cancel the Kneedown School. This is only something we do very rarely, but nevertheless it can happen. Because of the uncertainty of weather, this decision is taken at evening time the day before. If the event is cancelled, we will notify everyone who has booked by telephone, or by email, and will offer you an alternative date to rebook for.

Can I use my own Bike?

No, due to restrictions placed by our insurance company, and in order to provide you with the maximum level of safety, you may only use our modified knee down training bike.

What clothing should I use?

Please refer to our terms & conditions. For Kneedown School your protective trousers must be able to have nylon knee sliders attached (usually with Velcro patches). Usually only leather pants are designed for this, and the pants with stretch panels work best.

Can I get some Knee sliders on the day?

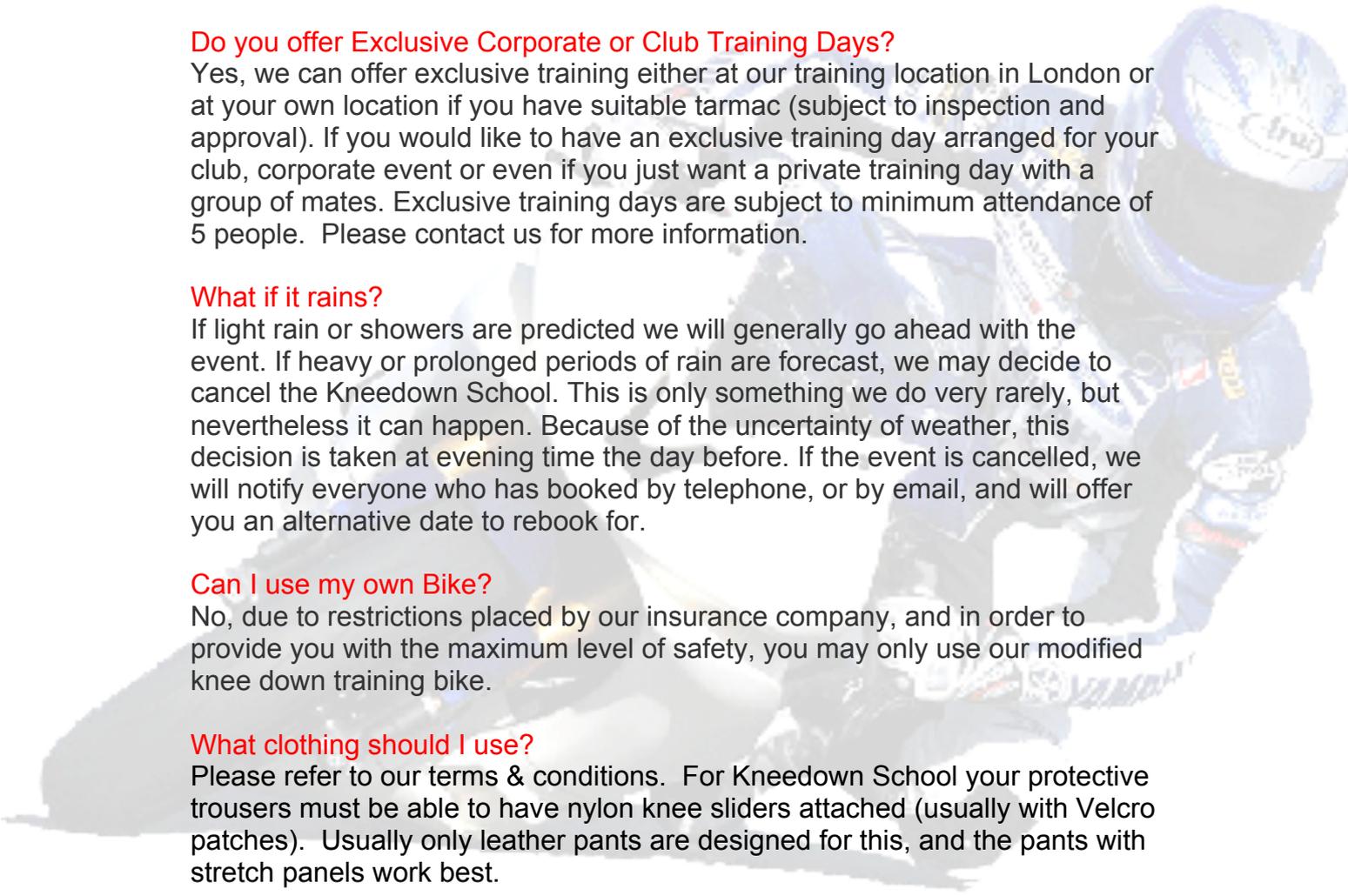
Of course! We will have knee sliders for sale on the day. Only nylon sliders can be used. Please do not bring metallic 'sparky' type knee sliders because these damage tarmac and will not be allowed.

I want some pictures to remember the day...can you help?

To make it easy we invite you to bring your own photographer. We will try to have a professional photographer available but this can't be guaranteed.

How long does it take to get used to riding the knee down bike?

Our knee down bike has been built to be as close to an unmodified bike as



possible. The outriggers you see on the bike are freely-hinged and under normal use, don't carry any weight. The outrigger wheels are made from a hard, low-grip material so that the bike doesn't benefit from any additional grip or traction. Therefore, riding the bike is virtually identical to an unmodified bike.

So if they don't give extra grip, what are the outriggers for?

The outriggers do nothing under normal conditions. Their main function is to give you confidence that the bike cannot fall to the ground. The outriggers limit the maximum lean angle to around 45 degrees (the point at which road tyres will start to lose traction). They also limit the rate of change of angle so that if the bike tried to high-side, it would be prevented.

How do you teach us how to get our knee down?

The day starts with a short theory/safety briefing, then the practical tuition consists of a number of exercises that gradually teach you the body-position, speed and angle required for getting your knee down. This is done in an informal, relaxed atmosphere, and at a pace that suits you. Students have plenty of time in the afternoon to practice their newfound skills.

How much on-bike time will I get?

We provide ample on-bike time for all students. Each student will ride for 5 minutes or so before swapping. We find that short-duration riding is very beneficial to learning this skill for two reasons – firstly, the training is quite strenuous, using muscles you didn't realise you had and secondly, getting on and off the bike regularly during the day forces your brain to 'fix' the skills you are learning. During a typical knee-down school day, our motorcycle will cover **around 50miles** – that's the equivalent of each student riding around roundabouts for 10miles!! Imagine trying to do that on the roads.

How many people attend a typical knee-down school?

Kneedown School is pretty exclusive. We generally train between 4 and 6 students on a day. This means intensive tuition, which is very beneficial. You will benefit from one-to-one tuition during your periods on-bike.

Will I be a better or faster rider after attending knee-down school?

Faster, maybe. However, being able to get your knee down won't generally make you faster. Most knee-down is for show rather than for speed. However, knowing how to push your bike further with confidence, and having the greater skill to control your bike where you wouldn't have dared to before will probably make you a better and safer rider, and better riders are often able to ride faster in safety.

What if I've booked but subsequently can't attend?

Full details are provided in our terms & conditions, which you should have read, and agreed to, before booking. Places are very limited, and a failure to attend usually means someone else has been denied a place.

Anything else I should know?

Full information is provided on our very comprehensive website. However, if you have any questions or queries, please call us and ask whatever you want. We're here to help you make the right decision!

