

# HOW TO RIDE

Teaching someone how to ride a bicycle is one of the most fulfilling activities you can be involved in! Everyone learns at their own pace, so take it slowly and let every student decide how quickly they are ready to move forward. Be supportive and maintain their trust. Here is a breakdown of how to teach your student to ride:

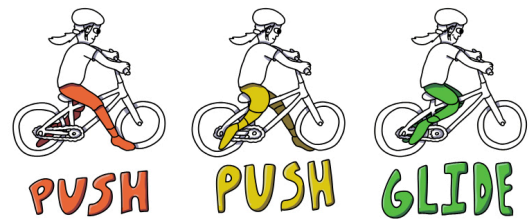
## Setup

Find a paved area where they can ride in long narrow loop. This allows them to ride in a straight line while mastering a particular skill, then turn around and head back to you. Basketball courts, playgrounds, and empty church/school parking lots are great for this. If there is a downward slope, use it! Students will master these skills faster if they have some momentum.

## Directions

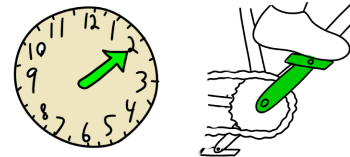
1. Adjust your student's seat so that they can sit on the bike with their feet flat on the ground.
2. Demonstrate how to use the brakes:
  - Rock forwards and backwards while standing over the bike, grabbing the brake levers (for hand brakes) or holding a pedal backwards (for coaster brakes).
  - If the bike has coaster brakes, explain how they will stop when they pedal backwards.

3. Have your student stand over their bike, and move forward while walking.
4. Then show them how they can push off the ground with one foot, then the other, and then lift their feet up to glide forward. We call this **Push Push Glide**.



5. Show your student how to start from the **Power Pedal Position**:

- Rotate your dominant foot pedal to 2:00.
- Push down hard on the pedal, then hard on the ground with your other foot, and roll forward.
- Immediately bring your other foot onto the other pedal.
- Keep pedaling. The faster you go the easier it will be to balance.
- When ready to stop, use your brakes to slow down to a stop before taking your feet off the pedals.



## General Tips

- Whenever possible, avoid holding onto your student or their bike as they learn to balance.
- Remind them to:
  - Hold their handlebars straight to avoid swerving.
  - Not look down. Keep their head high and shoulders straight. Their bike will naturally want to go where they are looking.