

WEST COAST STYLE

MOUNTAIN BIKING INSTRUCTION

EBOOK OUTLINE



Written by Joan Jones
Photography by Daamiann Skelton, Chris Bremer, Michael Maguire, Chris Zaborowski and Derek Vanderkooy

Published by West Coast Style, Inc.
www.westcoaststyle.net

Copyright 2009
All rights reserved

eBook Lessons

West Coast Basics

- 1a: The Basics- part 1
- 1b: The Basics- part 2
- 1c: The Basics- part 3

Riding Straight and Narrow Lines

- 2: Staying on Track

Slow-Speed Manoeuvres

- 3: Tight Turns and Switchbacks
- 4: Rock Dodge
- 5: Tree Dodge
- 6: Ducking Limbo
- 7: Trackstand
- 8: Hopping
- 9: Rocking

Up, Around and Down

- 10: Climbing
- 11: Cornering
- 12: Descending
- 13: Descending Steep Pitches

Wheel Lifts - no pedal strokes

- 14: Basic Front Wheel Lift
- 15: Basic Rear Wheel Lift
- 16: Level Lift
- 17: Manual Front Wheel Lift
- 18: Bunny Hop
- 19: Dirt Jumping

Wheel Lifts - with pedal strokes

- 20: Quarter Punch Front Wheel Lift
- 21: Pedaling Front Wheel Lift
Half-quarter Front Wheel Lift

Appendices

A: Dictionary of Skills

B: Dictionary of Terms

C: Skill Analysis