

## How to? DONUT

1



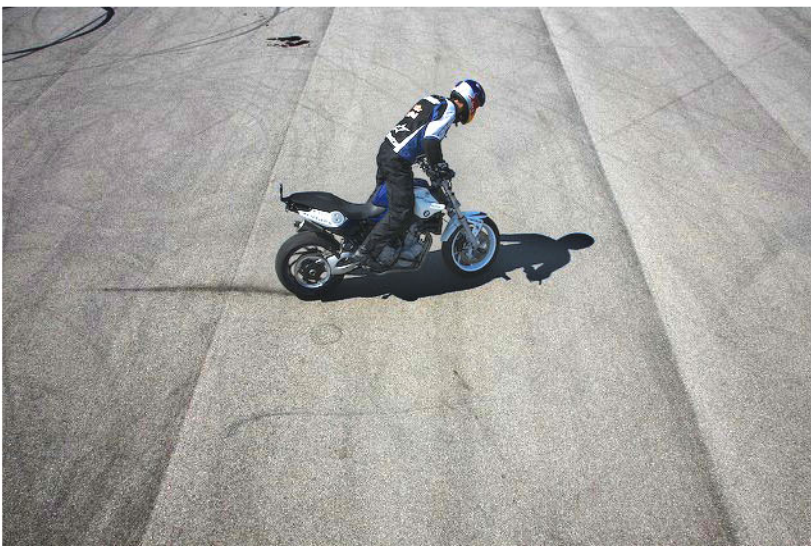
**Approach in stand-up position and in first gear with pulled clutch. Maximum (rolling) speed should not be more than 10 km/h. Clutch lever should be pulled with only one or 2 fingers, in order to be able to hold on tightly to the steering bar.**

2



**Bring your body weight to the front, apply brake on the front wheel (also with two fingers maximum) and dynamically release the clutch at medium revs at the same time in order to get the rear-wheel spinning. Carefully dose braking power in the front in order to allow the bike to still move forward slowly.**

3



**Now lean the bike slightly to the inside in order to enter a circling direction.**

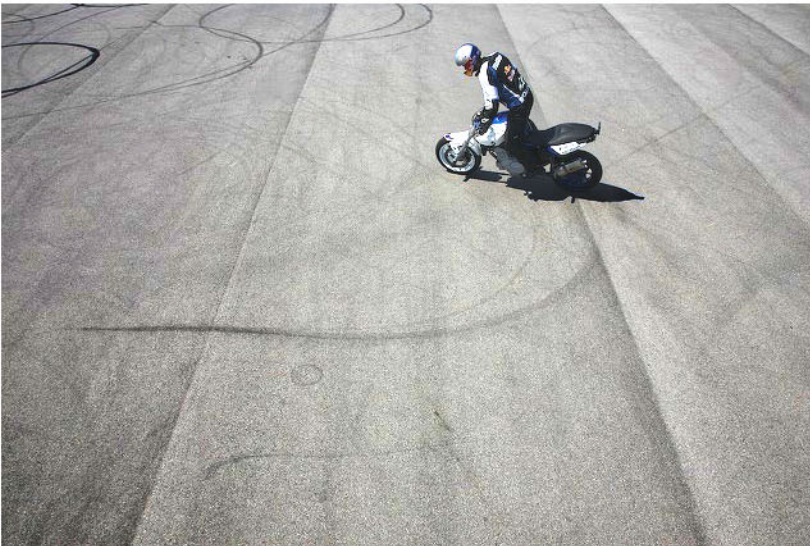
## How to? DONUT

4



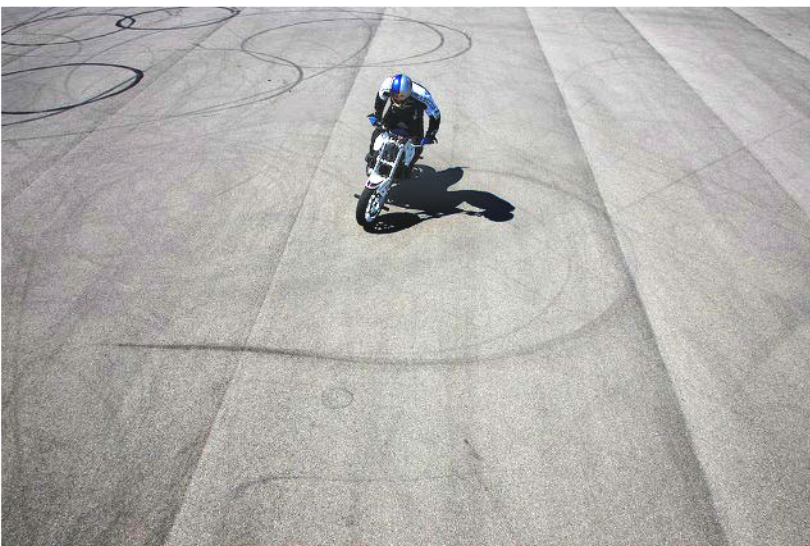
**By now, you'll feel stability through dynamics. The circling continues, as long as the balance between throttle and front-brake is right. The front-wheel should keep rolling slowly at all times.**

5



**Keep your body leaning forward in order to put pressure on the front wheel.**

6



**Half-circle accomplished! Keep up the balance by balancing throttle, front-brake and body weight. It's all a matter of practice.**

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**The circle is almost completed. Bring up the bike again straight by using your body weight and slight counter-steering.**



**Slowly release front-brake, pull the clutch again and close the throttle**



**Full donut accomplished, round like an apple-pie.**

**Tip:**  
Start with straight, rolling burnouts as described in picture 1 and 2 at first. Only once you'll be familiar with that, continue with circling (donuts) as described from picture 3 on.