

## 5. I have never ridden a motorcycle before. Where do I start??

Unfortunately for those who have never ridden or have a very limited experience of motorcycling the CBT is not the ideal starting point.

As previously stated the CBT is a Course set out by the Driving Standards Agency (DSA) consisting of 5 elements to be completed with a minimum of 5 hours tuition &ndash; 2 of those hours have to be done as a road ride to cover elements D & E.

As element A is an introductory talk this leaves us approximately 2¼ to 2½ hours of tuition to teach the novice how to ride and also cover elements B & C, a hard task indeed and often ends in disappointment and frustration to be learning against the clock.

It is better by far to commit yourself to say an hours lesson on a one to one basis with an instructor to get you to the stage where you are competent with the motorcycle and have the confidence to carry out and reap the benefits the CBT training.