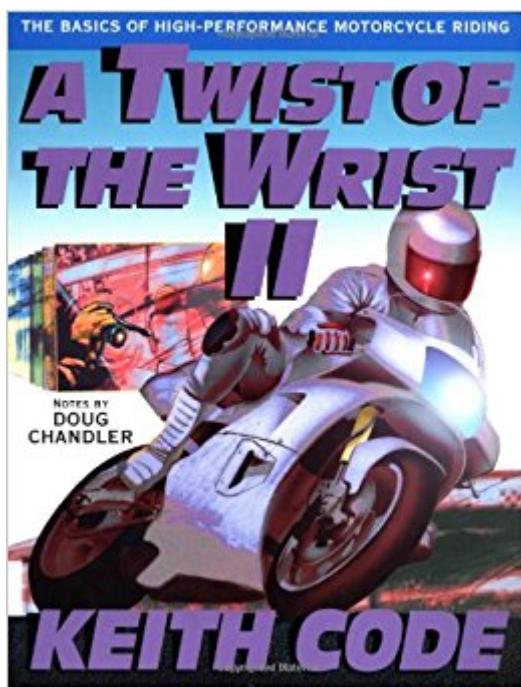


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# A Twist Of The Wrist Vol. 2: The Basics Of High-Performance Motorcycle Riding



## Synopsis

Straight facts about riding! *A Twist of the Wrist*, the acknowledged number one book on rider improvement for ten years straight, brought riders worldwide to a new understanding of vital riding skills. Uncovers and traces, action by action, the direct links between man and machine.

## Book Information

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## Customer Reviews

The thrill of motorcycle racing tugs at the heartstrings of anyone who own a Harley, Honda, Yamaha, or any other cycle. Since most individuals do not have access to a racetrack, this enthusiasm results in far too many accidents, some fatal, on public streets. Code writes for those who do have access to tracks where riding techniques can be perfected. He has many years of racing behind him, and his earlier popular handbook, *A Twist of the Wrist: The Motorcycle Road Racers Handbook* ( LJ 3/1/83), is the classic guide to rider improvement. Here, he employs down-to-earth questions, answers, and examples of high-performance riding. The excellent illustrations and margin notes are useful. Both beginning and advanced racers will find this an excellent book. Highly recommended for libraries with a motorcyclist clientele.- H. Robert Malinowsky, Univ. of Illinois at ChicagoCopyright 1993 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Simply the best sport riding book available! As a riding coach/instructor I see allot of new riders. One of the first things I do is recommend this book. Those that read it perform signifigantly better than those that don't. While some may not understand the physics of riding, this book does a

phenomenal job of explaining it in a manner most can comprehend. Geared towards the track many might think it;s not for them. Track or street the physics are all the same. Simply put, this book WILL make you a better, safer rider!! --Mark 2474 Barnes and Noble March 2010  
Need to Know Info If You Ride Bought my first street bike, a CBR929RR but couldn't get into a riding course early enough so I bought this book to get a head start. It 'over prepared' me for the riding course I took and when the instructor congratulated me for my perfect score I mentioned 'Twist of The Wrist'. The Instructors were not surprised as they were very familiar w/ the book. --Anonymous Barnes and Noble April 2001  
This review is from: A Twist of the Wrist 2: The Basics of High-Performance Motorcycle Riding (Paperback) This book will teach you how to ride like Doohan instead of riding like a squid (eg fast and smooth instead of point and shoot). "A twist of the wrist 2" will teach you how to ride faster, smoother, safer, it could save your life and will teach you more about motorcycle riding technique than you thought you could ever know. This guy (Keith Code) taught Doug Chandler how to go faster. I cannot recommend this book highly enough. This volume teaches you cornering technique that applies to any situation. The main chapter headings are "throttle control", "rider input", "steering", "vision", "braking", "traction" and "racing". You will learn that smoothness equals speed and safety. Using the techniques taught by Keith you will find even a bike like my Yamaha Virago 1100 is a pretty quick bike through corners as long as you set up a smooth entry into the corner, then power through and blast out the other side. I've blown away squids on GSXR750s and 1100s using this riding style, mainly because I can now carry a higher cornering speed. Keith teaches you that braking hard into a corner just upsets the suspension and makes the bike pogo all the way through. Get your braking done before the corner and the suspension is set up to provide traction all the way through the corner. --By Peter Tosi (cdog@cairns.net.au)

I saw the DVD first and loved it. After watching it twice I ordered the book. Best way to go about it. After seeing the DVD, when I read in the book about a technique, I could picture it from the DVD. The book is very detailed and straight forward. I find myself riding my motorcycle in my sleep. Have I tried these techniques? Funny you should ask. Allow me please to entertain you. Before I bought the DVD or ordered the book, I saw a section of the DVD at my friend's house. As he barbequed I continued to rewind and review the advices. I found it so fascinating that the next day on my way to work I knew exactly where I wanted to try flicking my bike and hope for the best. The road took me into Northern Virginia. Heading north through some beautiful views of large houses or mini castles, twisty roads, and few traffic lights. When you reach the end of this road there is one last turn. The signs caution you to slow down before the sharp left turn. I hated this turn

because I would slow down and I would nervously have to take the turn. Heck, cars would take this much faster than I could. What got me upset was that it was a small turn, I mean; it was a 90 degree turn that was just hard for me to maneuver for some reason. Well, here it comes. I slow down; when I see the obvious apex I flick the bike and apply the author's techniques. With good body position and the only thing on my mind was to believe in what I just learned and just apply it. Before I could process what was going on completely (since I had not seen the complete DVD or read the book yet), I was at the apex, leaned over, hanging off just a little, chest to the tank, and the bike felt like a darn Porsche, solid, stable, like it was glued to the tarmac, and fast. It felt as if the bike was driving me around the corner instead of the other way around. As if I was on a horse and as long as you tell the horse which way it should go, the horse was built to go fast and think for itself. The bike was telling me thank you dumb biker. It's about time you let me do what I do best. When I came out of that turn, faster than I could have imagined, there was a stupid smile on my face, and after that I had to know who this freaking guy was that made that video. Well, the freaking guy wrote this book also. Very cool Mr. Code, very cool. If I get a chance I would like to attend his driving school. Looks like a blast. Hope this helped you to buy this book. This applies to all bikers for all makes and models of bikes. Buy it

This book, plus lots of practice, made me, a virgin rider, into a confident, safe rider in a single season. It's one thing to get on the bike and ride, faking it til you make it, hoping you learn the good habits rather than bad, it's rather another to know what you're aiming for and how to get there, and this book is the difference. I laid the bike down once, thankfully low speed and in grass, but instead of despair, I was simply rueful. I KNEW what I did wrong, I could spell out the steps, and I could fix it. Thank you, Keith Code. I now recommend this book to every rider who asks how long I've been riding and looks at me sideways when I say 4 months.

It's the basics, but you need to combine it with some of the other books about motorcycling and patient experience to get a knowledge base. The biggest thing is really self control.

I've been riding for 3 months daily when I bought this book. I've had an absence to riding a bike for 26 years. I rode for 5 years when I had a low side accident that scared me out of riding for the next 26 years. Back then no Motorcycle safety classes existed, everyone you asked for advise gave you confusing or bad advise. What Keith Code does in this book goes far beyond what you learn in the MSF classes and gives you a great foundation to understanding how your body reacts when in

panic mode and what best ways to correct this so you can safely steer, stop, or control yourself to survive. He uses mostly layman terms so most people can understand and there is bold type on all important points. There is even word definition like a dictionary at the end of each chapter so if you need to understand a meaning you can immediately flip to the end of the chapter you're reading and get an understanding. Some of the information is highly technical and can really make you sound like an expert if you are explaining to someone else why you should ride a certain way. What helped me with my riding was in the beginning of the book where he covers riding in head and cross winds. After reading this section I improved my riding by 100% and I was no longer sweating and holding my breath whenever I would get hit by a wind gust. The next section that improved my riding was pivot steering. He explains the way to safely and controlably do quick right, left, right flick turns at speed. The section on wide screen vision and the exercises there also helped me tremendously to have less eye fatigue and enjoy the ride by seeing more. I would recommend this book to anyone who plans to ride a motorcycle on a regular basis and anyone who wants a better understanding on ways to improve their riding skills.

The best motorcycle book I have read that is not focused solely on safety (although this really is focused on safely going faster - when you want to and when you didn't intend to and need to get yourself out). I have read several other performance riding books and this is the top. You don't really need any other, this hits everything very clearly and doesn't mix in anything to confuse you. This is NOT just for racers or racer wanna-be's. Gives you lots to think about and Code explains bike physics in a way no one else does. He's the real deal, he learned everything first hand and explains it in a very scientific way that makes sense. No claptrap here. I learned things that no other book could get across, if the authors even understood it. Get the video too. Really good stuff. Get your mind into these concepts and you'll be so much more ready for "oh crap" moments.

A very good Riders' reference book and a must have for those wanting to improve their skills. To improve in anything we must keep questioning our standard and ability, and practicing the right stuff. Any monkey can climb on a bike and get from A to B but we will all react in the wrong way and end up breaking something when the unexpected happens, if we are not aware of the bikes behaviour to those reactions. A must have for any biker.

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