



A Twist of the Wrist: The Motorcycle Roadracers Handbook

Keith Code

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Here's everything you need to successfully improve your riding, novice or veteran, cruiser to sportbike rider. This book contains the very foundation skills for any rider looking for more confidence when cornering a motorcycle. Notes and comments by Eddie Lawson. Foreword by Wayne Rainey.

A Twist of the Wrist: The Motorcycle Roadracers Handbook Details

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From Reader Review A Twist of the Wrist: The Motorcycle Roadracers Handbook for online ebook

Tom Menke says

I've known Keith a long time and this book is spot on

Ryan says

Having begun riding motorcycles in the Fall of 2007, I found this book to be most helpful. I had taken a safety class, so I was familiar with many of the concepts, but it's always nice to read a different perspective. The crux of the book is this: since the 1960's, the technology and equipment for motorcycles have improved tremendously: tires, brakes, engines, etc. perform at a much higher level. But track times have only increased by less than five percent. Obviously, the reason is the mentality of the riders. This book is mind-changing. One learns that the bike can handle more than the rider. So, when encountering a sticky situation (like a tight turn) remember: the bike can handle it. Stay with it, because most bad instances occur when we do what our instincts tell us.

David says

Two pieces of advice for anybody desiring to ride a motorcycle: take a Motorcycle Safety course and read this book.

I acquired this book shortly after taking the Motorcycle Safety Program course in Pennsylvania. I wasn't interested in road racing or heading out to a track. I was looking for things that might be useful in gaining better control over my machine. What I found was a witty, entertaining and very helpful book. It has been thirty years since I read it, but that has not diminished the impact that it made on me. His chapter on Crashing had very useful information, and a catchy subtitle "Relax: Your Just Road Testing Your Leathers". This was the first good information about getting away from the bike I had ever seen or heard. Coupled with his earlier concept of Thinking It Through, it only made sense to get free of the bike so a bad situation doesn't become worse. Having laid a bike down at speed in my younger days, I can attest to the disorientation involved, so his advice about not trying to get up before you are sure you've stopped is very appropriate.

All of the basic information about steering, braking, the situational awareness required in riding are explained well. His pivotal chapter about having only so much attention to give to anything contains excellent advice for many situations. If you have to devote too much attention to the dozens of operations involved in operating the machine, that cuts into the attention you can give to what you want to accomplish. In his case, that meant the race, in my case it meant paying more attention to traffic and potential threats to my continued well being.

Ede says

preng!

Andrew Karnowski says

I was recommended this book by a friend before I started to ride motorcycles. He had said reading it changed the way he rode. When I bought my first bike, I decided to read it in hopes of having a good starting point for the base of knowledge. A lot of what it said came across as common sense and directed at racing more so than your average rider. I did find value in the writing, however I didn't see it as a game changer like my friend.

Naomi says

My uncle who taught me to ride told me I had to read this book. I can see why that is too. I may not be into racing, that's why I chose to ride a dual sport instead (plus the roads in my town). Anyways, this book teaches you how to fall when it happens (because everyone is going to fall at one point or another). It teaches you about counter-steering, braking, and so much more. The only thing I wish is that I read this before my motorcycle class. All in all, a good read for beginning riders.

The only reason I gave this a four is because I had to discipline myself to read so many chapters every day. Since it's more about racing, it's harder for me to focus, but it really does cover things all riders need.

Mike says

This book was a general introduction to the science and practice of race riding. Primarily focused on how attention is split and the impact of those choices, most of this is basic but necessary, though likely in itself not sufficient.

I didn't get as much out of this Volume 1 book as I did from the Vol 2 video. It may be the medium, or may be the content. Next step is to read Vol 2 and see if the content is what resonated.

Uldis Sturms says

Really good book learned an awful lot, great explanation on road cambers, increasing and decreasing radius apex, bankings.

Rahmat Romadon says

Buku ini memaparkan teknik-teknik riding serta tips-tips racing di jalan raya dan race track - khusus untuk sport bike dan motor balap. Wajib punya bwt yg gila balap motor dan safety riding di jalan raya.

James says

Vol II is better and includes everything in this edition.

Keith says

Smart guy, weird writing style.

Nicholas Moryl says

Decent intro to motorcycle racing (not general riding skills), albeit dated. Doesn't have much technical detail and very high level as compared to, e.g., "Going Faster" (for car racing).

Kevin Kuruc says

For non-racers this book does have some helpful tips. The points about where to look, what countersteering is, and how to brake were all useful. Lots of not so useful material however, too.

Probably excellent if you are a racer.

Shane says

Some theory to practice

Quite a few insights for any rider. Like anything, the theory must be followed through with practice. Helped me as a road rider to consider road positioning, speed and braking.
