

## Ride Like A Pro IV

MCN RATING ●●●●●

WHEN JERRY "MOTORMAN" Palladino showed up for his first day of motor officer training school, he'd been riding for 20 years and felt he knew how to ride. "I learned my 20 years of experience was just one year of experience repeated 20 times," he says. "I didn't know how to ride at all."

Palladino's latest DVD, *Ride Like a Pro IV*, explains and then demonstrates a plethora of low-speed maneuvers used in police motorcycle training. Each exercise teaches three core principles of good riding: use of the friction zone, proper rear brake control and correct placement of head and eyes.

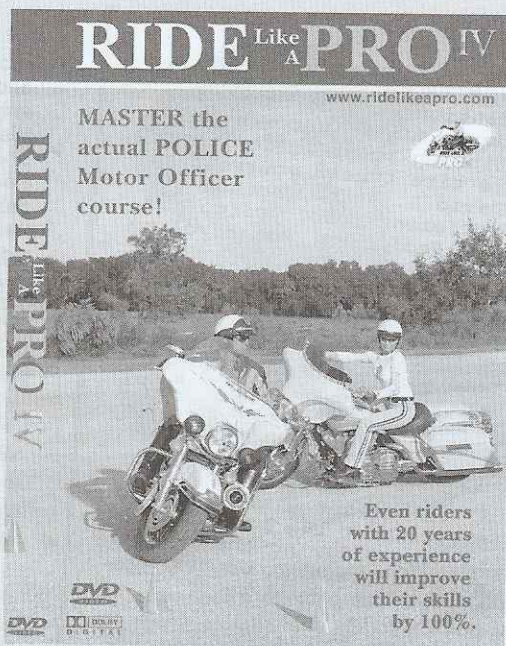
Multiple riders demonstrate the exercises. The bikes are mostly large cruisers and touring bikes, the ones you would expect to be the most difficult to control in slow, tight maneuvers: The Honda GL1800, Valkyrie, VTX1800 and 1300; Harley-Davidson Electra Glide and Road King; and a BMW 1200 sportbike, among others. The riders are a mix of family, professionals and riders who've passed Palladino's class.

Since I attended both the Phoenix Police motor officer training school (MCN, "What Motor Officers Learn That Could Save Your Life," May, June and July, 2005) I can confirm that these exercises and the principles behind them are used in motor officer training programs.

The greatest value on this DVD is what's not here. There is no fluff. Palladino takes a massive amount of information, narrows it down to several key concepts and lessons, and then takes you through them, showing you precisely how to set up and do these exercises on your own.

While you can get the dimensions for the exercise layouts on his Web site, you won't find them very useful if you have never seen them performed. Being able to watch an exercise done properly from a number of angles, on a variety of bikes and sometimes even in slow motion, is extremely valuable.

I liked watching riders with a variety of skills going through the exercises with Palladino observing and commenting on what works for a rider and what does not. Also good are the real life scenarios that



show how your new skills can transfer to the street.

The two-hour DVD includes all of the content of earlier versions, so there is no need to purchase Parts I, II or III. Version IV adds sections on passing your state motorcycle endorsement test, a Police Motor Officer Course and a question and answer section. This version is professionally shot, the cuts are smooth, the script is tight and the audio is fine—you hear everything.

The DVD includes a handy pocket guide describing eight of the main exercises, their objective and dimensions for cone placement with tips and techniques for doing each one. Take the Exercise Guide booklet to an empty parking lot and you're on your way.

My only gripes were a few unnecessary sexist remarks, the introduction of "bad cop Bill" in version IV and Palladino always wearing a motorcycle officer uniform, but this is nitpicking.

Will buying the DVD make you ride as well as professional motorcycle officers? Probably not, but Palladino doesn't promise that. He promises that mastering these exercises will improve your riding 100%, and I agree. More than that, you'll outpace 90% of the general motorcycle riding population.

—Steve Larsen

**Ride Like a Pro—\$34.95 includes tax, shipping and handling; 12702 Split Oak Dr., Hudson, FL 34667; (866) 868-7433; www.ridelikeapro.com**

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