

**Toes-** The first point of contact from bike to ground is the wheels and suspension. So the first point of contact from body to bike in the standing position is your feet. So when you are on your toes, you have movement at the first point of contact, your feet. When on your toes, there is softness to what the track is giving to the bike and the bike is giving to you. You also see a lot of weight being put to the rear end. When you are on your toes the weight is transferred to the rear end. When you are flat footed your weight is transferred more to the front which is the wrong way!

**Ryno grips with his feet controlling the bike at the lowest point from bike to ground, the foot pegs. The pegs are located in the middle of the bike; the lower you put weight on a motorcycle the better it handles. Same with Ryno's technique, he's controlling the bike at the lowest point from bike to ground.**