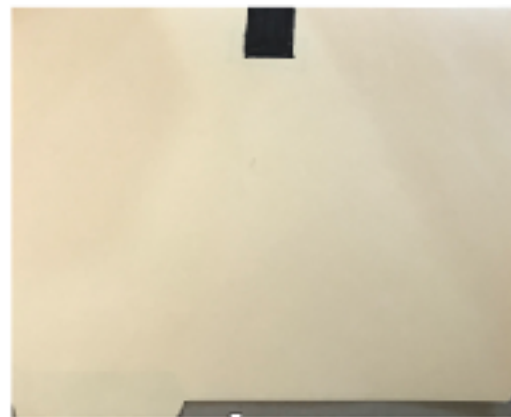


Practice Targeting & Tpegs Into Habits Before Driving the Skid Monster

Get a file folder and make a one inch mark in the center with a dark color.

You can do this indoors or outdoors.



1. Select a target that you will be using. **Hold your folder in a balanced hand position and turn your body to be on target.**
2. **Turn your body and head 90° to the right. Make a left turn to the target and stop at the left-turn Tpeg.** You should have turned your head before turning your body. Your left hand should be seen with fringe vision in alignment with the target.
3. **Turn your body and head 90° to the left.**
4. **Make a right turn to the target and stop at the right-turn Tpeg.** You should have turned your head before turning your body. Your right hand should be seen with fringe vision in alignment with the target.
5. **What actions should take place at the Tpeg when making a turn from a moving position?** Release brake, release grip, and accelerate at the same time while keeping vision to the target area.
6. **Get on Target.**
7. **Turn your body and head 90° to the left.**
8. **Make a right turn and stop at the Tpeg.** You should have turned your head on target before turning your body.
9. **Get on target.** If there is lack of consistency, repeat activities as needed
10. If you were driving and the car skidded off target, you would want to get it back on target before the angle reaches that of the Tpeg.
11. **Move your body off target to the left, it's in a skid. Where should your central vision be focused?** (To the target area.) **Which way would you turn the tires?** (To the right to get back on target. In a later session you'll learn what to do if the skid spins beyond the Tpeg.)