



# Training the Brain for Steering Control

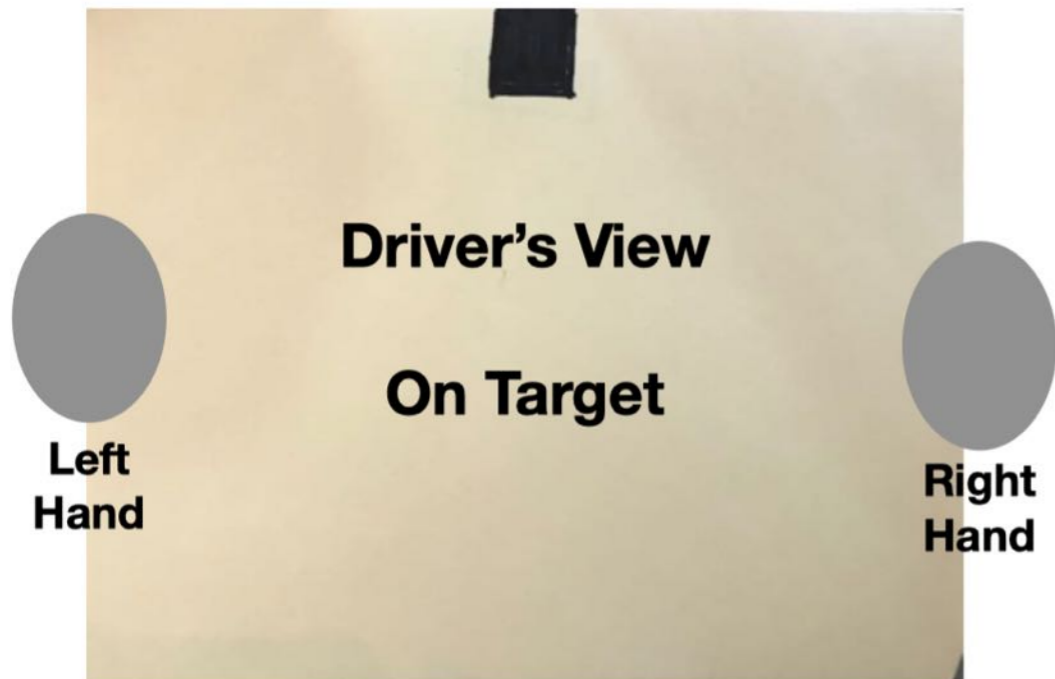
**Using a file folder as a  
Simulated Steering Wheel**

**Scroll**

**Central Vision  
to Target**



**View with  
fringe vision.**



**Driver's View**

**On Target**

**Left  
Hand**

**Right  
Hand**



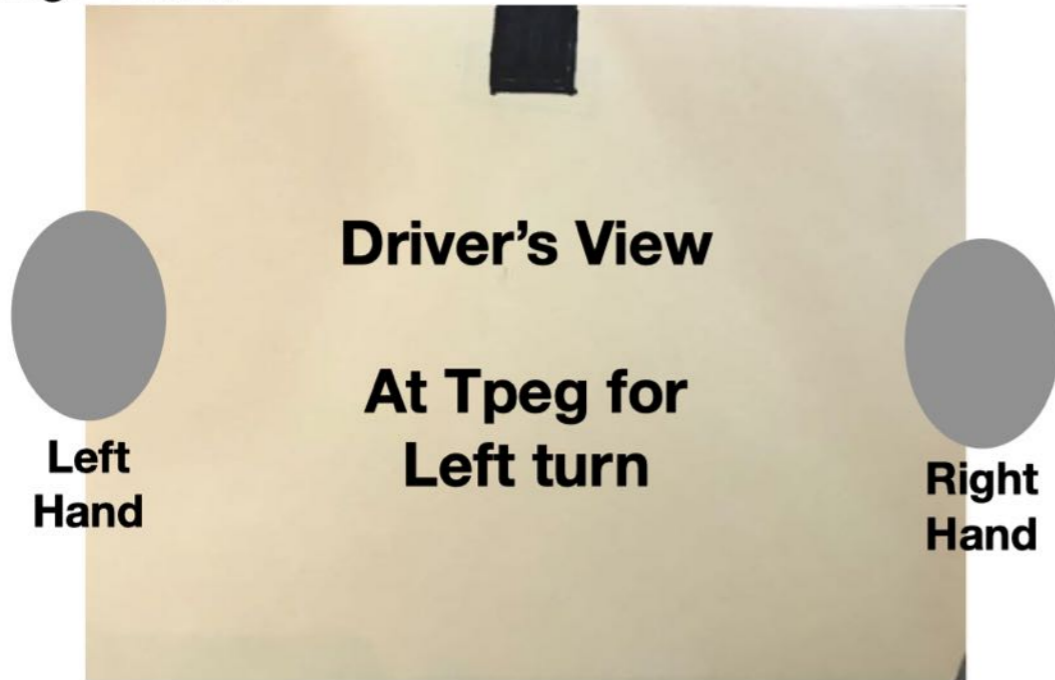
**On Target**

**Coach's View**

**Central Vision  
to Target**



**View with  
fringe vision.**



When the left hand is aligned with the target, your body would be at the Tpeg for a left turn. In a vehicle, when the driver's-side corner post is aligned with the target, it is at the Tpeg.



**Coach's View**

**Central Vision  
to Target**



**View with  
fringe vision.**

**Driver's View**

**A Tpeg for  
Right Turn**

**Left  
Hand**

**Right  
Hand**

When the right hand is aligned with the target, your body would be at the Tpeg for a right turn. In a vehicle, when the driver's-side corner post is aligned with the target, it is at the Tpeg.



**Coach's View**