

**Improve Your  
Braking &  
Corner Entry**  
**SPEED SECRETS**  
**Webinar**

Why do we use the brakes?

- 1.
- 2.
- 3.

### **Braking**

- “Brake zone” – from BoB (Begin-of-Braking) to EoB (End-of-Braking)
- Initial application pressure
- Manage pressure in zone
- Time downshifts
- Timing & rate of release of brakes
- Trail braking guidelines:
  - Slow/tight corner = more trail braking
  - Fast/long corner = little to no trail braking

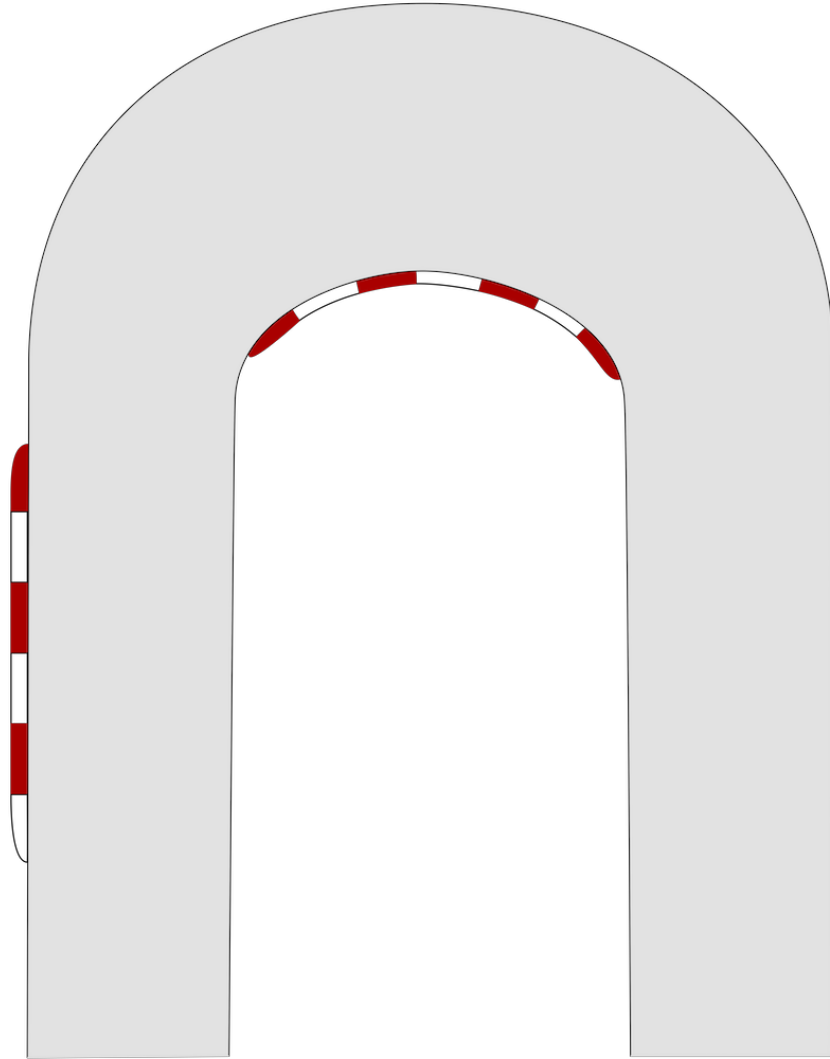
### **Corner Entry**

- Trade off braking for cornering
- Manage car balance
- Fine-tune speed
- Steering input rate

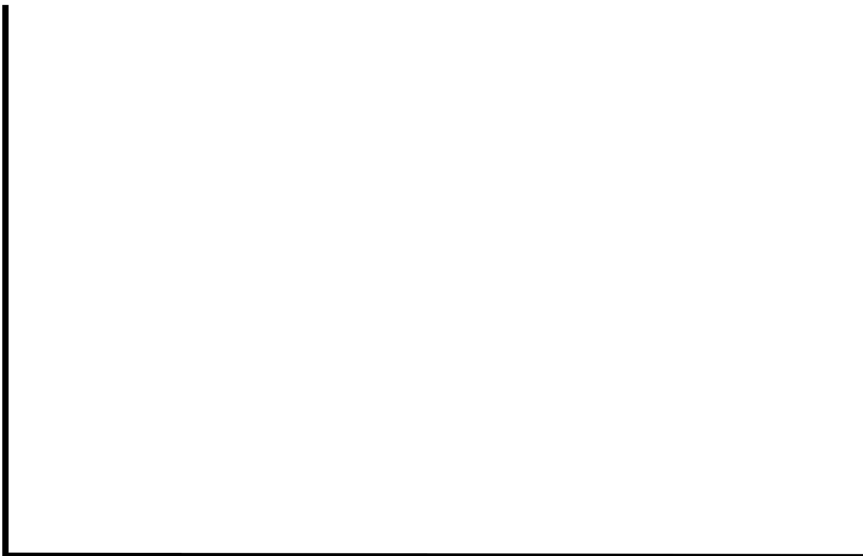
### **4 Ways to Improve Lap Time with the Brakes**

1. *Compress*: later BoB
2. *Move in*: later BoB and EoB
3. *Release sooner*: earlier EoB
4. *Lighter*: same BoB & EoB; less pressure

## How To Do It



# Data



## Practice Exercises

1. Street practice
  - a. Aware of pressure/release
  - b. Look for EoB
  - c. Speed sensing
  - d. Heel & toe downshifting
2. Aware of throttle release
3. Practice max initial application pressure
4. Aware of EoB
5. Aware of brake release
6. Experiment with timing & rate of release
7. Experiment with over/under-rotate
8. Hesitate before initial throttle application
9. Draw data trace with your foot/feet
10. Mental imagery
  - a. Crisp throttle release
  - b. Max initial application
  - c. Manage pressure
  - d. Time downshifts
  - e. Turn-in matched to corner
  - f. Timing & rate of release
  - g. See, feel & hear – perfect braking, downshift, turn-in, release, rotation... throttle
11. Practice footwork
  - a. Use scale or partner to provide immediate feedback
  - b. Stationary car
  - c. Simulator to practice technique (use video & data for feedback)
12. Pick “safe” corner & experiment