

**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

The Vision Process

- 1.
- 2.
- 3.
- 4.

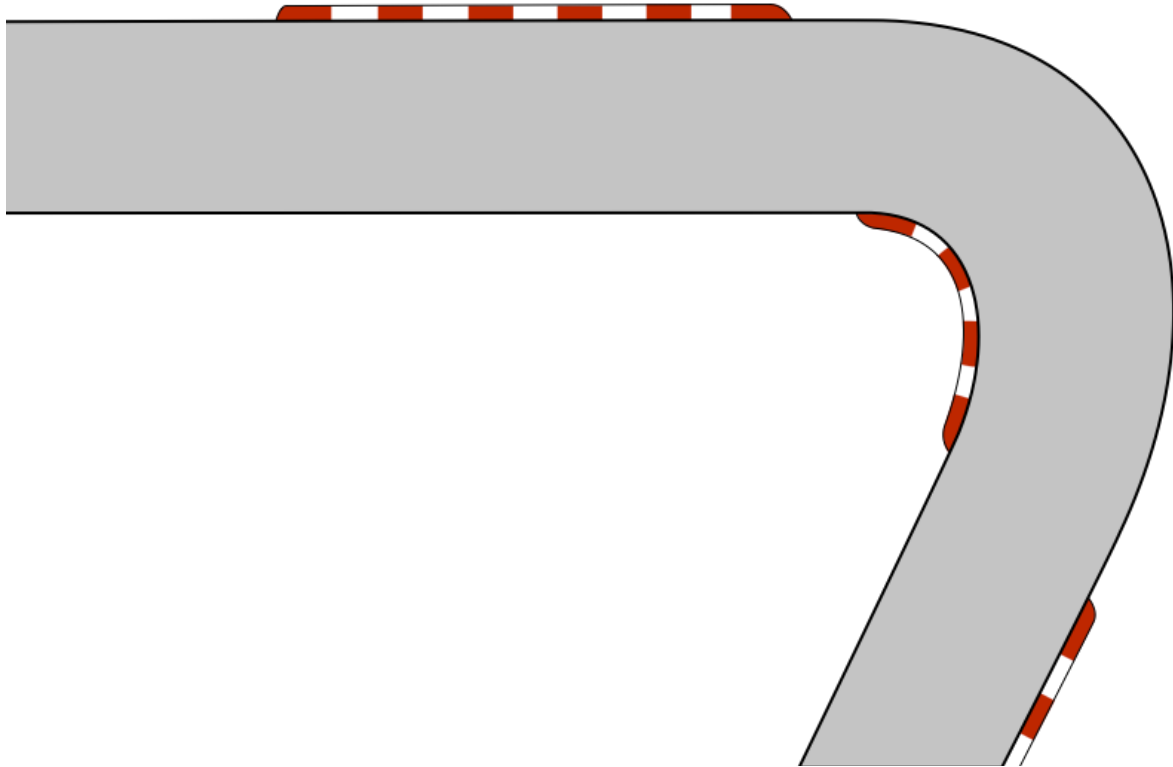
Notes about The Vision Process:

4 Ways to Improve Lap Time with the Brakes

1. *Compress:*
2. *Move in:*
3. *Release sooner.*
4. *Lighter.*

Notes:

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