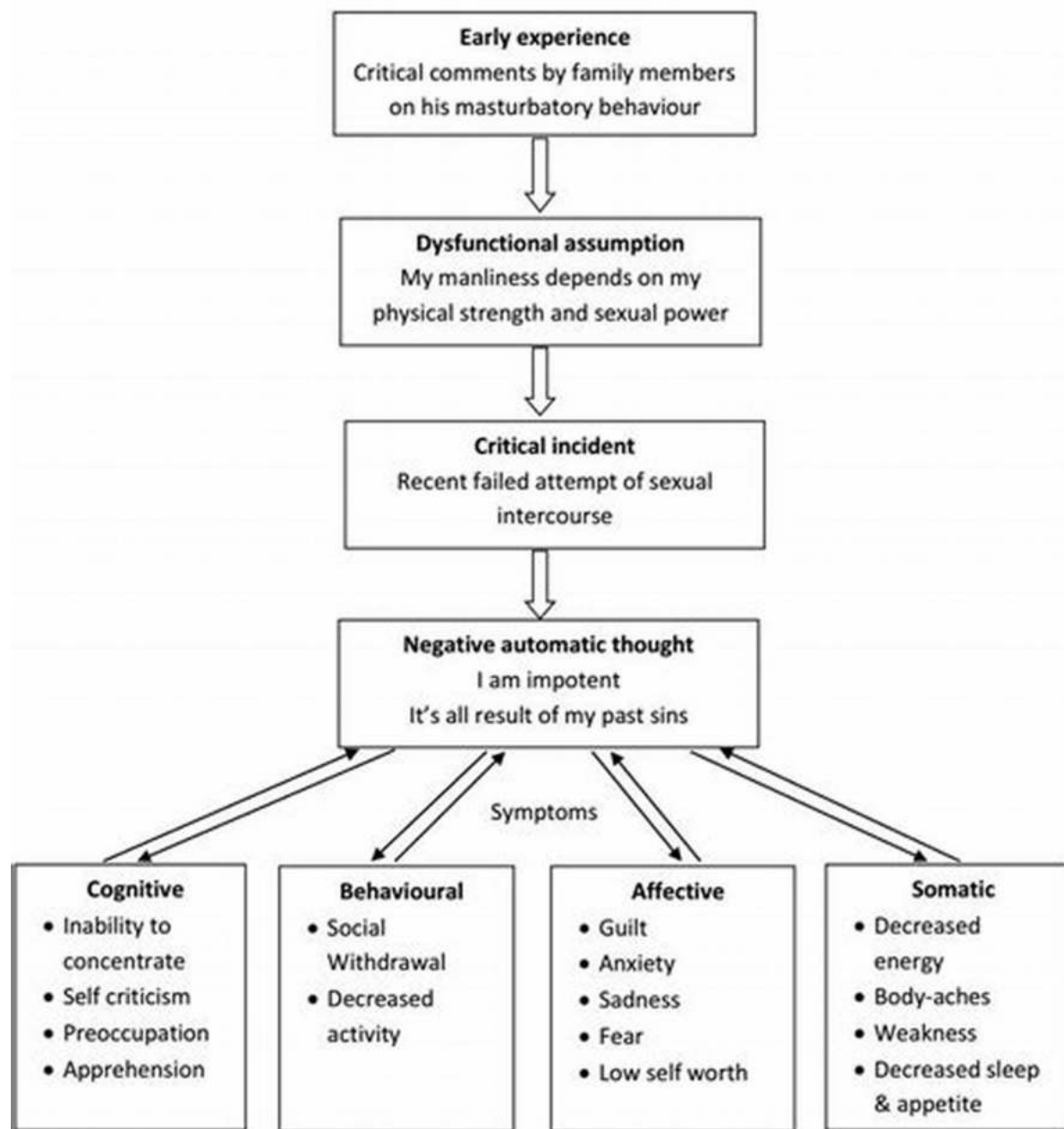


5 Essential Tips for Planning and Preparing to Take Your CBT

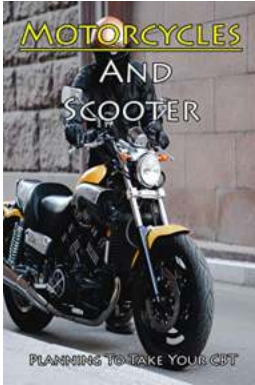


Are you considering taking your CBT (Compulsory Basic Training)?

Congratulations on taking the first step towards earning your motorcycle license!

CBT is a mandatory requirement in many countries, serving as an essential foundation for safe and responsible riding.

Whether you're a complete beginner or have some prior riding experience, proper planning and preparation can greatly enhance your chances of success during the CBT course. In this article, we will share five essential tips to help you approach your CBT with confidence and maximize the benefits it offers.



Motorcycles And Scooter: Planning To Take Your CBT: How Do I Start Learning To Ride A Motorcycle by Tasia St. Germaine (Kindle Edition)

★★★★★ 5 out of 5

Language : English
File size : 6006 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 62 pages
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1. Familiarize Yourself with the CBT Process




COGNITIVE BEHAVIORAL THERAPY

Aaron Beck

WHAT IS THE AIM OF CBT THERAPY?

To change the thinking and behavioral patterns of thinking.

WHAT ARE THE KEY ELEMENTS?

-  Collaborative Empiricism
-  Time limited AND structured
-  Home work assignment

WHAT IS CBT?

It focuses on the on how a person's thoughts, beliefs and attitudes affect their feelings and behavior.

THREE LEVELS OF COGNITIONS

- Core beliefs
- Dysfunctional Assumption
- Negative Automatic Thoughts

CBT TECHNIQUES?

- guided discovery
- active scheduling
- socratic questioning
- graded task assignment

PREPARED BY: MAY M. SALVADOR

Before booking your CBT, it's crucial to understand what the process entails. Research and familiarize yourself with the CBT syllabus, which typically covers basic controls, maneuvering, road positioning, and hazard perception. Knowing what to expect in terms of theoretical and practical assessments will help you better manage your expectations.

Additionally, gather information on reputable training schools or instructors in your area. Look for reviews, recommendations, and verify their accreditation to ensure you receive quality training.

2. Invest in Proper Riding Gear



Safety should always be a top priority when riding a motorcycle. Investing in proper riding gear is crucial, not just for the CBT but for your overall riding

experience. Essential gear includes a certified helmet, protective gloves, sturdy boots, and appropriate clothing like a motorcycle jacket and trousers.

Prioritize comfort as well, as you'll be spending several hours on the bike during the course. Ill-fitting gear can hinder your ability to focus and perform well. Visit a local motorcycle gear shop or browse reputable online retailers to find gear that fits you well and meets safety standards.

3. Brush Up on the Highway Code



The Highway Code is a critical resource for any road user, including motorcycle riders. It contains essential rules, regulations, and guidelines for safe road usage. Before your CBT, dedicate some time to familiarize yourself with the Highway

Code, paying particular attention to sections relevant to motorcycles. This will not only help ensure your safety on the road but also prepare you for any theory-based questions during the CBT assessment.

4. Get Some Pre-Training Practice



If you are new to riding, getting some pre-training practice can significantly benefit your journey to acquiring your license. Consider attending informal riding sessions or taking private lessons to gain confidence in controlling a motorcycle. This will allow you to become more familiar with the basics of riding and reduce any initial nervousness during the CBT course.

Additionally, practice essential skills such as clutch control, braking, and slow-speed maneuvering in a safe and open area. Doing so will help you build muscle memory and develop better control over the motorcycle, setting you up for success during the CBT training.

5. Rest and Relax Before the CBT

6 SIGNS YOU MIGHT NEED A SLEEP STUDY



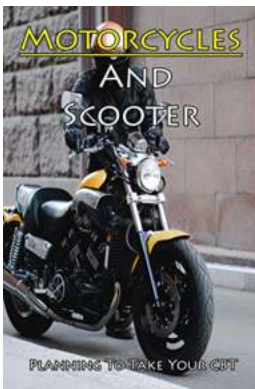
PureWow

Finally, ensure you are well-rested before your CBT. A good night's sleep will keep you alert, focused, and mentally prepared for the challenges ahead. On the day itself, give yourself plenty of time to get to the training center without rushing. Frazzled nerves and last-minute stress can negatively impact your performance, so aim to arrive early and ready to learn.

Remember to stay hydrated and nourished throughout the day. Pack a healthy snack and carry a water bottle to keep yourself energized and focused during the training.

Taking your CBT is an exciting step towards motorcycle ownership and a valuable opportunity to develop essential riding skills. By following these five tips - familiarize yourself with the CBT process, invest in proper riding gear, brush up on the Highway Code, get some pre-training practice, and ensure you're well-rested - you'll be well-prepared for success during your CBT.

Remember, approaching the CBT with the right mindset and adequate preparation can not only increase your enjoyment of the course but also contribute to building a strong foundation for a lifetime of safe and confident riding.



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All learner moped and motorcycle riders must complete Compulsory Basic Training (CBT) before they can ride unaccompanied on public roads. Only

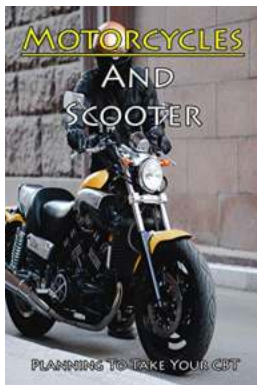
registered Approved Motorcycle Instructors (AMIs)/CBT trainers are allowed to conduct these training courses.

Motorcycles and scooters, are you planning to take your CBT, Compulsory Basic Training, or just thinking about buying a bike for the first time or coming back to biking.

This book will give you an insight into CBT, make your CBT more enjoyable for you and to make it much more likely for you to complete your CBT the first time, on the bike of your choosing, also as a reference point after CBT.

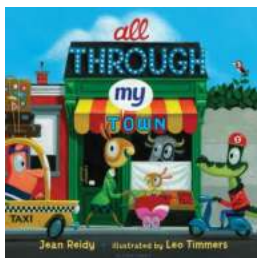
This book has some useful and interesting photos, including photos of some of the celebrities who have done their CBT with me, including a Moto GP rider and an England captain.

This book is useful for anyone thinking of taking up motorcycling, taking their bike test or coming back to motorcycling.



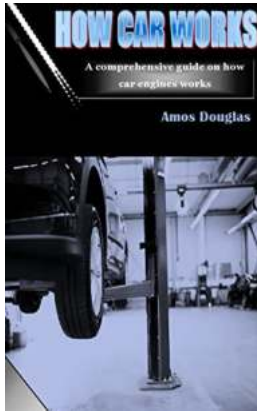
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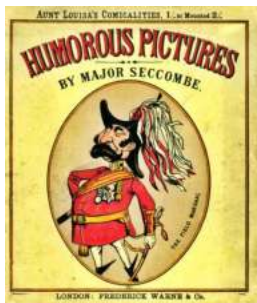
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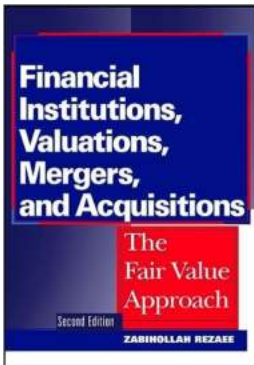
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