

A WOMAN'S GUIDE TO

LEARN A BIKE

Simple Steps.
Real Skills.
Total Confidence.

*Yes
You Can!*



STAY SAFE
Practical safety tips



LEARN EASY
Step-by-step guidance



**RIDE WITH
CONFIDENCE**
From practice
to the real road

*More
Women
On Bikes*

**RIDE
INDEPENDENT
LIVE FREER**

ABOUT THIS GUIDE

What This Guide Is About

This guide will teach you, step by step, how to ride a motorcycle — even if you have never ridden before.

It is written in a simple and practical way for anyone who wants to learn, build confidence and enjoy the freedom that comes with riding.



CLEAR STEPS

Easy-to-follow lessons from basic to real road riding.



PRACTICAL SKILLS

Real techniques you can use every day.



SAFETY FIRST

Learn how to ride safely and confidently.



MORE FREEDOM

Gain a skill that can open up new opportunities.

*New Skill.
A Brighter You.*

NICHOLAS
Founder, Nicholas Autos

*Anyone
Can Learn
Let's Go!*



“

Learning to ride is not just about a bike, it's about freedom, confidence and a better you.

”

CHAPTER 1

Who This Guide Is For

*Same Bike.
New Possibilities.*

This guide is for anyone who wants to learn how to ride a motorcycle — whether you're a complete beginner or just want to improve your skills.



Complete Beginners

If you've never ridden a bike before.



Self-Learners

If you want to learn at your own pace with clear, simple steps.



Students and Young Adults

If you want a reliable and affordable way to get around.



Working Professionals

If you want a faster and more flexible way to move.



Men and Women

This guide is for everyone — no matter your gender.



Those Who Want to Improve

If you already ride but want to be safer, more confident and more skilled.



If you're ready to learn,
you're in the right place.

Simple guidance. Real skills. Greater freedom.

CHAPTER 2

Before You Ride: Safety First

*Ride Safe
Go Further*

Riding a bike is fun and convenient, but your safety always comes first. A little preparation goes a long way in keeping you safe and making your learning experience enjoyable.

DO A QUICK CHECK

Before every ride, make sure:



Tyres

Check for enough air and no visible damage.



Fuel

Make sure you have enough fuel for your trip.



Lights

Check your headlight, brake light and indicators.



Brakes

Try the front and rear brakes to make sure they work well.



General Condition

Look out for any unusual noise, leaks or loose parts.



WEAR THE RIGHT ATTIRE

You don't need expensive gear, just the basics:



Helmet

Always wear a good quality helmet.



Comfortable Clothes

Wear long sleeves and long trousers.



Closed Shoes

Wear sturdy, closed shoes (no slippers).



Gloves (Optional)

Helpful for extra comfort and grip.

BE AWARE OF YOUR SURROUNDINGS



Look around

Be aware of other road users.



Check the weather

Avoid riding in heavy rain when learning.



Choose a safe place

Start in a quiet, open area with little traffic.



A SAFE RIDER IS A SMART RIDER.

Take these simple steps, and you'll be ready to learn with confidence.

CHAPTER 3

Meet Your Bike

Before you ride, it's important to get familiar with the main parts of your bike. Knowing these parts will help you ride with confidence and control.



A familiar bike is a less scary bike.

The more you know, the more confident you'll feel.



FRONT VIEW

See what's ahead



REAR VIEW

See what's behind you



SIDE VIEW (RIGHT)

Know your bike from all angles

CHAPTER 4

Understanding the Controls

Get to know the main controls on your bike.
Knowing what each part does will help you ride safely and with confidence.



Same Bike. New Skills.

Take a few minutes to familiarise yourself with these parts.



Dashboard (Speedometer)



- 1 Speedometer**
Shows your current speed (in km/h).
- 2 Fuel Gauge**
Shows how much fuel you have left.
- 3 Indicator Light (Left/Right)**
Flashes when you turn left or right.
- 4 High Beam Light**
Comes on when the high beam (headlight) is on.
- 5 Odometer**
Shows the total distance travelled by your bike.

Side View (Left)



- 1 Seat**
Lift to access storage (varies by model).
- 2 Kick Starter**
Use to start the engine (if electric start is not available).
- 3 Footrest**
For your feet while riding.
- 4 Rear Brake Pedal**
Press down with your right foot to apply the rear brake.

Side View (Right)



- 1 Fuel Tank Cap**
Open to refill fuel.
- 2 Ignition Switch**
Insert key to start or stop the engine.
- 3 Front Brake Lever**
Squeeze with your right hand.
- 4 Throttle (Accelerator)**
Twist to move forward.

*Learn Today.
Ride Tomorrow.*

CHAPTER 5

Getting On & Sitting Correctly

The right way to get on your bike and sit properly helps you stay in control, feel comfortable, and ride with confidence.



**Comfort +
Good Posture =
Better Control**

Sit right, ride better.

1 HOW TO GET ON YOUR BIKE

1



Stand on the left side

Make sure the bike is on a stable surface and on its stand.

2



Swing your right leg over

Keep one hand on the handle for balance.

3



Sit comfortably

Adjust yourself on the seat and keep both feet on the ground at first.

✓ SITTING CHECKLIST

- ✓ Sit in the middle of the seat.
- ✓ Keep your back straight but relaxed.
- ✓ Hold the handlebars lightly but firmly.
- ✓ Keep your feet flat on the ground (especially when you're starting).
- ✓ Look ahead, not down.
- ✓ Feel comfortable and balanced.



GOOD POSTURE GIVES YOU:

- ✓ Better balance
- ✓ More control
- ✓ Less fatigue
- ✓ A safer and more enjoyable ride

2 THE RIGHT SITTING POSITION



AVOID THIS



- ✗ Slouching
- ✗ Sitting too far forward or backward
- ✗ Looking down
- ✗ Holding the handles too tight

*Sit Right.
Ride with Confidence.*

*Small Steps,
Big Freedom.*

CHAPTER 6

How to Start the Bike

Starting this bike is simple. Follow these steps and you'll be ready to move in no time.



1 Check Your Surroundings



Make sure the area is clear and it's safe to start.

2 Sit Correctly



Sit on the seat with both feet on the ground and keep the bike upright.

3 Insert the Key



Put the key into the ignition and turn it to the ON position (usually to the right).

4 Check the Kill Switch



Make sure the engine kill switch is in the RUN position (not off).

5 Apply the Brake



Hold the front brake lever (squeeze and keep it held).

6 Start the Engine



While holding the brake, press the electric start button (with your right thumb).

7 Let It Warm Up



Once the engine starts, let it run for a few seconds (10–30 seconds) before moving.

8 You're Ready!



The bike is now ready. Keep holding the brake, check your mirrors, and look ahead before you move.



USEFUL TIPS

- ✓ Always start the bike in a well-ventilated area.
- ✓ Make sure there is fuel in the tank.
- ✓ If the bike doesn't start, wait a few seconds and try again.
- ✓ Keep the brake applied while starting.
- ✓ Don't twist the throttle when starting (not needed).



IF IT DOESN'T START

- ✓ Check that there is fuel.
- ✓ Check that the kill switch is on RUN.
- ✓ Make sure you're holding the brake.
- ✓ Wait a few seconds and try again.
- ✓ If it still doesn't start, it may need a professional check.



**A CONFIDENT
START LEADS
TO A SMOOTHER
RIDE.**

Learn today.
Ride tomorrow.

*Small Steps.
Big Freedom.*

CHAPTER 7

Your First Movement

Now that your bike is on, let's get you moving. Follow these simple steps to move off smoothly and build your confidence.



Simple Forward Gears. Easy to Ride.

Take it slow. You'll get better every day.

1 UNDERSTAND THE GEAR PEDAL



Gear Pedal
(Left Foot)

This bike uses a 4-speed forward gear system. All gears are forward (1 → 2 → 3 → 4). There is no clutch.

GEAR PATTERN (Left Foot)

- 4** 4th Gear (Faster speed)
- ↓
- 3** 3rd Gear (Higher speed)
- ↓
- 2** 2nd Gear (Good for learners)
- ↓
- 1** 1st Gear (More active)



GOOD TO KNOW:

For learners, you can start from 2nd gear. It is less active and easier to control.

2 STEPS TO MOVE OFF

1 Bike is On



Start the engine and make sure the bike is ready.

2 Put in Gear



Press the gear pedal down to select 1st or 2nd gear (2nd is easier for learners).

3 Check Surroundings



Look left, right and ahead. Make sure the way is clear.

4 Accelerate Gently



Slowly twist the throttle towards you to move forward.

5 Keep Your Balance



Move forward gently. Keep a steady speed and stay in control.



TIPS FOR SMOOTH STARTS

- ✓ Use 2nd gear if you're a beginner.
- ✓ Accelerate slowly and smoothly.
- ✓ Keep your eyes on the road.
- ✓ Practice in a quiet, open space.
- ✓ Be relaxed and confident.



COMMON MISTAKES TO AVOID

- ✗ Starting in 1st gear too fast.
- ✗ Twisting the throttle too much.
- ✗ Looking down while riding.
- ✗ Riding in a crowded area at first.
- ✗ Changing gears without easing off the throttle.

*Practice Today.
Ride Tomorrow.*

CHAPTER 8

How to Stop & Brake

Stopping safely is just as important as moving. Follow these simple steps to slow down and come to a safe stop.



Front Brake
(Right Hand Lever)

Rear Brake
(Right Foot Pedal)

1 Release the Accelerator



Stop twisting the throttle and let the bike begin to slow down.

2 Use the Brakes



Right-hand lever
= Front brake

Right-foot pedal
= Rear brake

3 Apply Smoothly



Use both brakes smoothly. Don't grab the brakes suddenly.

4 Reduce Speed



Let the bike slow down gradually. Keep the handlebars straight and stay balanced.

5 Put Your Foot Down



Once the bike has almost stopped, place your foot firmly on the ground to steady the bike.

✓ GOOD PRACTICES

- ✓ Release the throttle early.
- ✓ Use both brakes (front and rear).
- ✓ Brake smoothly, not suddenly.
- ✓ Keep your body balanced.
- ✓ Look ahead and be aware of what's around you.
- ✓ Practice in a quiet, open space.

! AVOID THIS

- ✗ Don't grab the brake suddenly.
- ✗ Don't swerve while braking.
- ✗ Don't stop on a slippery surface if possible.
- ✗ Don't take your hands off the handlebars.



A SMOOTH STOP KEEPS YOU SAFE AND IN CONTROL.

Ride smart.
Ride longer.

*Practice Today.
Ride Tomorrow.*

CHAPTER 9

How to Ride in a Straight Line

Riding in a straight line is the first step to real freedom. Keep it simple, stay calm, and follow these steps.



**Look ahead.
Stay steady.
Keep going.**

A straight line gives you confidence for every other move.

1 Start Moving



Start the bike, put it in 1st or 2nd gear (2nd is easier for beginners), and gently twist the throttle to move forward.

2 Look Ahead



Keep your eyes looking far ahead, not down at the bike. This helps you stay balanced and in a straight line.

3 Keep Steady Hands



Hold the handlebars lightly but firmly. Keep your hands relaxed and avoid quick or jerky movements.

4 Maintain a Steady Speed



Keep a steady, gentle speed. Don't twist the throttle too much. Let the bike move smoothly in a straight line.

5 Stay in Your Lane



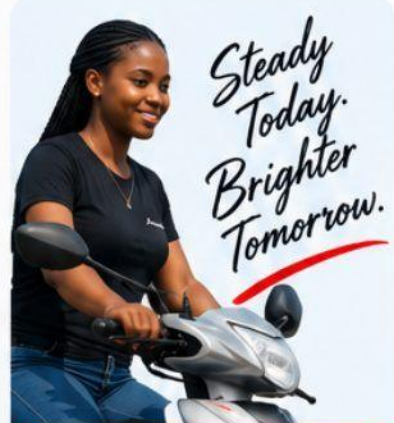
Keep the bike in the middle of your lane. Make small, corrective adjustments if needed, but avoid oversteering.

✓ QUICK TIPS

- ✓ Look far ahead, not down.
- ✓ Keep your body relaxed.
- ✓ Maintain a steady, gentle speed.
- ✓ Keep the bike in the middle of the lane.
- ✓ Make small adjustments if needed.
- ✓ Practice in a quiet, open space.

✗ AVOID THESE MISTAKES

- ✗ Don't look down at the speedometer.
- ✗ Don't twist the throttle too much.
- ✗ Don't make sudden handlebar movements.
- ✗ Don't try to be fast.
- ✗ Don't get distracted.



**RIDE STRAIGHT.
RIDE CONFIDENT.
YOU'VE GOT THIS!**

CHAPTER 10

How to Turn

Turning is simple. Follow these steps to make smooth and safe turns to the left or right.



**Turn with confidence.
Go further.**

Look ahead, slow down, turn smoothly, then accelerate gently.

1 Look Ahead



Look in the direction you want to turn, not down at the bike.

2 Slow Down



Gently reduce your speed by easing off the throttle. You can also use the brakes if needed.

3 Turn the Handlebar



Gently turn the handlebar in the direction you want to go (left or right).

4 Lean Slightly



Lean your body slightly in the direction of the turn. Keep your movements smooth and relaxed.

5 Accelerate Gently



Once you're on the new path, slowly increase the throttle to maintain your speed.

TIPS FOR SMOOTH TURNS

- ✓ Look where you want to go.
- ✓ Slow down before turning.
- ✓ Turn the handlebar gently.
- ✓ Lean slightly, don't over-lean.
- ✓ Keep a steady speed.
- ✓ Practice in a quiet, open space.

COMMON MISTAKES TO AVOID

- ✗ Don't turn at high speed.
- ✗ Don't make sudden handlebar movements.
- ✗ Don't look down at the bike.
- ✗ Don't over-lean.
- ✗ Don't forget to look ahead.



**SMOOTH TURNS
MAKE SAFER RIDES
AND A MORE
ENJOYABLE JOURNEY.**

CHAPTER 11

How to Make a U-Turn

A U-Turn is a safe way to change direction and head back. Follow these steps to do it smoothly.



Turn Around with Confidence.

A U-Turn helps you change direction safely. Take it slow, look around, and do it step by step.

1 Check Your Surroundings



Look left, right and behind you. Make sure the road is clear and it's safe to turn.

2 Slow Down



Reduce your speed by gently releasing the throttle. You can also use the brakes if needed.

3 Shift to a Lower Gear



Press the gear pedal down to a lower gear (e.g. 2nd or 1st gear) for better control at low speed.

4 Turn the Handlebar



Gently turn the handlebar to the left (or right), and look in the direction you want to go.

5 Make the Turn Slowly



Move slowly and keep a steady balance. Look where you want to go, not at the ground.

6 Straighten and Continue



Once you have turned around, straighten the handlebar and gently accelerate.

✓ QUICK TIPS

- ✓ Choose a wide and open space.
- ✓ Use 1st or 2nd gear.
- ✓ Keep your speed low.
- ✓ Look in the direction you want to go.
- ✓ Keep your body relaxed.
- ✓ Practice until you feel confident.

✗ COMMON MISTAKES TO AVOID

- ✗ Turning too fast.
- ✗ Not looking around before turning.
- ✗ Using a high gear.
- ✗ Looking down instead of where you're going.
- ✗ Leaning too much.
- ✗ Trying a U-Turn in a narrow or busy area.



**SAME ROAD.
NEW DIRECTION.
YOU'VE GOT THIS!**

CHAPTER 12

How to Control Your Speed

Good speed control helps you ride safely, stay in control, and handle different road situations with confidence.



**Right Speed.
Safer Ride.
More Control.**

Control your speed, control your journey. It keeps you safe and gives you time to react.

1 Understand the Throttle



The right handle controls your speed. Twist it towards you to speed up, and twist it away from you to slow down.

2 Start Slow



When moving off, use a gentle twist. Don't rush. A smooth start gives you better control.

3 Increase Speed Gradually



Twist the throttle little by little as you gain balance. Keep your eyes on the road ahead.

4 Maintain a Steady Speed



Keep a consistent, comfortable speed. Avoid unnecessary acceleration or slowing down.

5 Slow Down When Needed



To slow down, gently twist the throttle away from you. You can also use the brakes if needed.

6 Use the Right Gear for the Speed



Use a lower gear (e.g. 2nd) for slower speeds and a higher gear for more speed. Change gears smoothly, without jerks.

7 Adjust for Road Conditions



Reduce your speed on rough roads, around bends, in traffic or when you see speed bumps. Always be ready to slow down.

8 Practice and Get Comfortable



The more you practice, the better you'll get. Smooth and steady speed control makes you a safer and more confident rider.

✓ QUICK TIPS

- ✓ Use gentle throttle control.
- ✓ Keep a safe and steady speed.
- ✓ Use the right gear for the situation.
- ✓ Slow down early, not suddenly.
- ✓ Always look ahead.
- ✓ Practice in a quiet, open space.

✗ COMMON MISTAKES TO AVOID

- ✗ Twisting the throttle too much.
- ✗ Riding too fast for your skill level.
- ✗ Sudden braking or slowing down.
- ✗ Using the wrong gear.
- ✗ Not adjusting speed on bends or rough roads.
- ✗ Getting distracted while riding.



CHAPTER 13

Your First Practice Session

Practice helps you build confidence. Take your time, stay calm, and follow these steps. Find a safe, open space with little or no traffic to practice.



Practice in a safe, open space.

A quiet area gives you time to learn without pressure.

1 Prepare and Start



Sit properly, start the bike, and put it in 1st or 2nd gear (2nd is easier for beginners).

2 Move Forward



Gently twist the throttle and let the bike move forward slowly. Keep your eyes ahead.

3 Ride in a Straight Line



Keep a steady speed and ride in a straight line. Try to stay in the middle of your lane.

4 Practice Turning



Practice gentle left and right turns. Look in the direction you want to go and turn the handlebar smoothly.

5 Try a U-Turn



When you're comfortable, try a U-Turn in a wide space. Go slowly and keep your balance.

6 Practice Stopping



Release the throttle and use the brakes (front and rear) to stop smoothly.

7 Repeat and Improve



Repeat these steps several times. The more you practice, the more confident you'll feel.

✓ QUICK TIPS

- ✓ Practice in a quiet, open space.
- ✓ Start with 2nd gear if you're new.
- ✓ Keep your movements smooth.
- ✓ Look ahead, not down at the bike.
- ✓ Don't rush. Take your time.
- ✓ Repeat until you feel comfortable.

✗ AVOID THESE MISTAKES

- ✗ Don't twist the throttle too much.
- ✗ Don't make sudden turns.
- ✗ Don't look down at the bike.
- ✗ Don't ride in busy areas.
- ✗ Don't get distracted.
- ✗ Don't lose patience.



CONFIDENCE COMES WITH PRACTICE. YOU'VE GOT THIS!

CHAPTER 14

Common Beginner Mistakes

Everyone makes mistakes when learning. The good news is, they are easy to fix. Here are the most common beginner mistakes and how to avoid them.



Mistakes are part of the journey.

Learn from them, do better, and ride with confidence.

1 Twisting the Throttle Too Much



Twisting the throttle too much can make the bike jump forward and be hard to control.

✓ **Do this instead:**
Twist gently and gradually.

2 Starting in the Wrong Gear



Starting in a high gear (like 3rd or 4th) can make the bike struggle or stop.

✓ **Do this instead:**
Start in 1st gear or 2nd gear (2nd is easier for beginners).

3 Looking Down Instead of Ahead



Looking down can make you lose balance and miss what's ahead.

✓ **Do this instead:**
Always look ahead, in the direction you want to go.

4 Turning the Handlebar Too Much



Turning the handlebar too much, especially at low speed, can make the bike unstable.

✓ **Do this instead:**
Use gentle and smooth turns.

5 Riding Too Fast



Riding too fast reduces your control and gives you less time to react.

✓ **Do this instead:**
Keep a steady, comfortable speed, especially while learning.

6 Not Using the Brakes Properly



Some beginners rely only on one brake or grab the brake suddenly. This can cause loss of control.

✓ **Do this instead:**
Use both the front (right-hand lever) and rear (right foot pedal) brakes smoothly.

7 Poor Body Posture



Sitting too stiff or leaning too much can affect your balance and control.

✓ **Do this instead:**
Sit relaxed, keep your back straight, and hold the handlebars comfortably.

8 Forgetting to Check Surroundings



Not looking around can make you miss other vehicles, people or obstacles.

✓ **Do this instead:**
Always check your mirrors (if fitted), look left, right and behind you.

✓ KEY TAKEAWAY

- ✓ Mistakes are normal.
- ✓ Stay calm and keep practicing.
- ✓ Ride at your own pace.
- ✓ Be aware of your surroundings.
- ✓ With time, you will do better!



**PRACTICE TODAY.
A SAFER, MORE CONFIDENT
YOU TOMORROW.**

CHAPTER 15

How to Ride on the Road

Riding on the road is different from practicing in an open space. You'll be sharing the road with other vehicles, people and obstacles. Follow these steps to ride safely and confidently.



**Same Road.
More Possibilities.**

Be alert.
Be respectful.
Be a safer rider.

1 Be Ready Before You Go



- ✓ Wear suitable clothes and closed shoes.
- ✓ Make sure your bike is in good condition (tyres, brakes, lights, horn).
- ✓ Set your mirrors (if fitted).
- ✓ Choose the right gear (1st or 2nd) to start.

2 Join the Road Safely



- ✓ Look left, right and left again.
- ✓ Check for oncoming traffic.
- ✓ When it's clear, move onto the road slowly.
- ✓ Keep to the left side of your lane.

3 Keep a Safe Speed



- ✓ Use a steady, moderate speed.
- ✓ Don't ride too fast, especially as a beginner.
- ✓ Keep a safe distance from the vehicle in front of you.
- ✓ Adjust your speed based on traffic and road conditions.

4 Stay in Your Lane (Keep Left)



- ✓ Always keep to the left side of your lane.
- ✓ Don't weave in and out of traffic.
- ✓ Maintain a straight and steady path.
- ✓ Give way to faster vehicles.

5 Look Ahead and Be Aware



- ✓ Keep your eyes on the road ahead.
- ✓ Watch for pedestrians, other vehicles, speed bumps and road signs.
- ✓ Don't just look at the vehicle in front — look further ahead.
- ✓ Be ready to react.

6 Signal and Make Turns Safely



- ✓ Check your surroundings before turning.
- ✓ Use your hand signal (right hand out for right turn).
- ✓ Slow down before turning.
- ✓ Make smooth and gentle turns.

✓ ROAD RIDING TIPS

- ✓ Stay calm and confident.
- ✓ Always look ahead.
- ✓ Be patient and respectful to other road users.
- ✓ Use your horn when necessary (short beep).
- ✓ Avoid distractions (no phone while riding).
- ✓ Obey traffic rules and signs.

✗ THINGS TO AVOID

- ✗ Riding too fast.
- ✗ Weaving between vehicles.
- ✗ Riding on the right side (wrong side).
- ✗ Getting too close to other vehicles.
- ✗ Using only one brake.
- ✗ Ignoring road signs or traffic lights.
- ✗ Being distracted (phone, headphones, etc).



*Learn Today.
Ride
Further
Tomorrow.*



**SAFE RIDERS
MAKE BETTER ROADS
FOR EVERYONE.**

CHAPTER 16

Riding Around Cars & Traffic

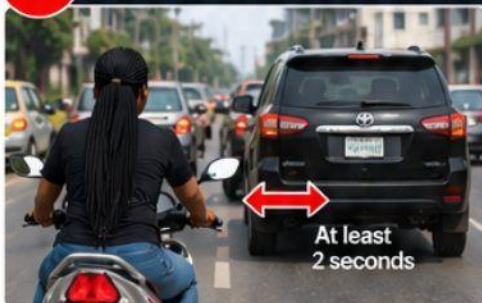
Sharing the road with cars and other vehicles can seem intimidating at first, but with the right skills and awareness, you can ride safely and confidently.



**Be Aware.
Be Visible.
Be Safer.**

You share the road.
Ride smart,
not afraid.

1 Keep a Safe Distance



Always keep a safe distance from the vehicle in front. Give yourself at least 2 seconds to react.

2 Ride in Your Lane (Left Side)



Stay on the left side of your lane. Don't squeeze between lanes unless there is enough space and it is safe.

3 Overtaking (When Safe)



When overtaking, check your mirrors, look ahead, make sure the road is clear, then overtake smoothly on the left.

4 Watch for Parked Cars



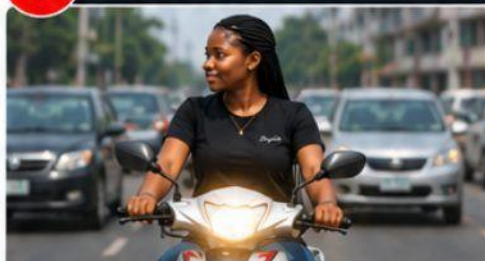
Give parked cars a wide space. Someone might open the door suddenly. Stay alert.

5 Be Patient in Traffic



In heavy traffic, keep a slow and steady speed. Don't rush or panic. Move only when there is enough space.

6 Be Visible



Make sure other road users can see you. Keep your headlight on, wear bright or visible clothing, and avoid blind spots (areas drivers can't easily see).

✓ DO THIS

- ✓ Keep a safe distance from other vehicles.
- ✓ Stay on the left side of your lane.
- ✓ Check your mirrors and look around often.
- ✓ Overtake only when it's safe.
- ✓ Be patient and stay calm.
- ✓ Watch for parked cars and pedestrians.
- ✓ Keep your headlight on.
- ✓ Obey traffic rules and road signs.

✗ AVOID THIS

- ✗ Don't follow vehicles too closely.
- ✗ Don't weave in and out of traffic.
- ✗ Don't overtake on the right side.
- ✗ Don't ride on the road shoulder unless necessary.
- ✗ Don't ignore blind spots.
- ✗ Don't rush, even when you're late.
- ✗ Don't get distracted (phone, music, etc).
- ✗ Don't assume drivers can see you.



**RIDE SMART.
STAY ALERT.
GET THERE SAFELY.**

CHAPTER 17

Nigerian Road Conditions

Nigerian roads can be challenging, but with the right mindset and skills, you can ride safely anywhere. Here are common road conditions you'll face and how to handle them.



**Different Roads.
Same Goal
– Your Safety.**

Be prepared.
Be alert.
Ride smarter
in Nigeria.

1 Potholes & Bad Roads



Slow down and look ahead. Try to spot potholes early and move around them smoothly. If you can't avoid it, reduce your speed and go over it carefully.



Keep a safe speed and maintain control.

2 Rough & Uneven Surfaces



On sandy, gravel or uneven roads, keep a steady throttle and let the bike move smoothly. Avoid sudden braking or sharp turns.



Stay relaxed and keep a straight line as much as possible.

3 Flooded Roads



Avoid deep water. If it's shallow, go slowly and steadily without stopping. After riding through water, gently use the brakes to dry them.



When in doubt, find another route.

4 Speed Bumps



Slow down before the speed bump. Keep a straight line and go over it slowly. Don't speed over it.



Reduce speed and keep steady control.

5 Heavy Traffic



Be patient and keep a safe distance. Move slowly, watch for sudden stops, and always check your mirrors. Stay on the left and avoid unnecessary weaving.



Stay alert and give yourself space.

6 Hills & Slopes



When going uphill, maintain a steady throttle. When going downhill, reduce your speed and use the brakes gently (front and rear).



Keep control and don't rush.

✓ KEY TIPS FOR NIGERIAN ROADS

- ✓ Always look ahead and be prepared.
- ✓ Ride at a safe and controllable speed.
- ✓ Keep to the left side of your lane.
- ✓ Be patient and calm.
- ✓ Maintain your bike (tyres, brakes, lights).
- ✓ Adjust to weather and road conditions.
- ✓ Expect the unexpected.

✗ THINGS TO AVOID

- ✗ Don't speed on bad roads.
- ✗ Don't brake suddenly on rough surfaces.
- ✗ Don't ride through deep floods.
- ✗ Don't weave carelessly in traffic.
- ✗ Don't ignore road signs or warnings.
- ✗ Don't get distracted (phone, music, etc).
- ✗ Don't ride when visibility is poor.



**SAME ROADS.
BRIGHTER
DESTINATIONS.**

CHAPTER 18

What to Do When You Panic

It's normal to feel scared or panic sometimes, especially as a beginner. The important thing is to stay calm, keep control, and follow these steps.

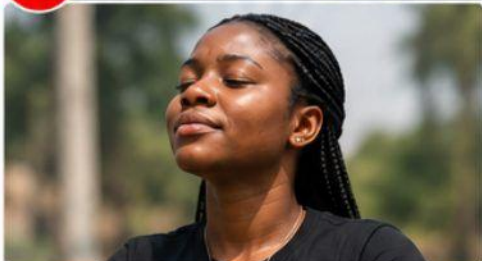


**Stay Calm.
You Can
Handle It.**

Panic is temporary.
Control brings safety.



1 Stay Calm and Breathe



Take a deep breath in through your nose and out through your mouth. This helps you think clearly.

2 Keep a Firm Grip



Hold the handlebars firmly. Don't let go. A firm grip helps you keep the bike stable.

3 Look Ahead



Focus your eyes on where you want to go, not on what you're afraid of. Looking ahead helps you stay in control.

4 Slow Down Gently



Slow down by gently rolling the throttle away from you (forward). Do not twist suddenly.

5 Use the Brakes Smoothly



Apply the brakes gently. Don't press hard or suddenly. Use both brakes together for better control.

6 Move to a Safe Spot



When it's safe, move slowly to the left side of the road and stop. Take your time, breathe, and compose yourself.

✓ REMEMBER

- ✓ Panic is normal, especially when learning.
- ✓ Breathe and stay calm.
- ✓ Keep a firm grip on the handlebars.
- ✓ Look ahead, not down.
- ✓ Slow down gently (roll the throttle forward).
- ✓ Use both brakes smoothly.
- ✓ Move to a safe spot if needed.
- ✓ With practice, you'll feel more confident.

✗ AVOID

- ✗ Don't twist the throttle suddenly.
- ✗ Don't press the brakes hard.
- ✗ Don't look down or close your eyes.
- ✗ Don't let go of the handlebars.
- ✗ Don't make sudden turns.
- ✗ Don't stop in the middle of the road if you can move to the side.
- ✗ Don't panic if others are around you.
- ✗ Don't give up — it gets easier!



**CALM RIDERS
MAKE SAFER ROADS
FOR EVERYONE.**

CHAPTER 19

What to Do If You Fall

Falling can happen to anyone, especially when you're learning. It's not the end — stay calm, follow these steps, and get back on safely.



**It's Okay.
It Happens.
Get Up.
Learn. Ride On.**

A fall is a lesson,
not a failure.

1 Stay Calm and Check Yourself



Take a moment. Don't rush. Check yourself for injuries. If you're hurt, move slowly and get help if needed.

2 Check Your Surroundings



Look around for oncoming traffic. Make sure it's safe before you stand up or try to lift the bike. If possible, move the bike to a safer spot.

3 Stand Up Carefully



Stand up slowly. Take your time. Make sure you're steady and not dizzy before you lift the bike.

4 Lift the Bike the Right Way



Face the bike, hold the handlebar firmly and the rear part (grab rail). Use your legs, keep your back straight, and lift slowly and steadily.

5 Check for Damage



Check the handlebar, mirrors, footrest, brake lever and lights. Make sure everything is working fine before you ride again.

6 Get Back on and Continue



Once you're sure everything is okay and you feel ready, get back on and continue. Take it slow and be more confident. You've got this!

✓ GOOD TO REMEMBER

- ✓ Falling is common, especially when learning.
- ✓ Always wear proper riding gear.
- ✓ Stay calm and think clearly.
- ✓ Check for injuries before lifting the bike.
- ✓ Lift with your legs, not your back.
- ✓ Inspect the bike for damage.
- ✓ Learn from it and keep practicing.

✗ THINGS TO AVOID

- ✗ Don't panic.
- ✗ Don't try to lift the bike alone if it's too heavy.
- ✗ Don't stand up quickly.
- ✗ Don't ignore pain or injuries.
- ✗ Don't continue riding if the bike is damaged.
- ✗ Don't blame yourself — it happens.
- ✗ Don't give up. Every rider falls at some point.



**STRONGER RIDERS
ARE BUILT THROUGH
EXPERIENCE.**

CHAPTER 20

7-Day Practice Plan

Consistency builds confidence. Follow this 7-day plan to develop your skills step by step. Take your time, practice in a safe area, and repeat as needed.



Practice A Little Every Day for a Safer, Brighter Tomorrow.

Discipline today, freedom tomorrow.

DAY 1 Get Comfortable



Familiarize yourself with the bike and basic controls.

- ✓ Sit properly on the bike
- ✓ Learn the controls (throttle, brakes, indicators)
- ✓ Start and stop the engine
- ✓ Practice balanced standing and sitting

Goal: Feel comfortable and in control.

DAY 2 Moving Forward



Practice moving and stopping in a safe, open space.

- ✓ Move forward slowly
- ✓ Control your speed
- ✓ Practice smooth stopping (using both brakes)
- ✓ Repeat until you're confident

Goal: Move and stop smoothly.

DAY 3 Turning & Balance



Work on turning and maintaining balance.

- ✓ Practice left and right turns
- ✓ Make U-turns
- ✓ Ride in circles
- ✓ Keep a steady speed

Goal: Improve balance and control while turning.

DAY 4 Speed Control



Learn to control your speed confidently.

- ✓ Practice slow and steady riding
- ✓ Speed up gradually
- ✓ Slow down smoothly
- ✓ Stop at a specific point

Goal: Develop smooth speed control.

DAY 5 Real Road Practice (Quiet Roads)



Take your practice to a quiet road with little traffic.

- ✓ Ride in a straight line
- ✓ Practice turning and stopping
- ✓ Obey road signs
- ✓ Stay in your lane (left side)

Goal: Get used to real road conditions.

DAY 6 Traffic & Different Conditions



Gradually practice in busier areas.

- ✓ Ride around cars and traffic
- ✓ Maintain safe distance
- ✓ Practice overtaking (when safe)
- ✓ Experience different road conditions (hills, rough roads)

Goal: Build confidence in traffic.

DAY 7 Review & Free Practice



Put everything together.

- ✓ Do a full ride on your own (with supervision if possible)
- ✓ Practice areas you find difficult
- ✓ Build your confidence
- ✓ Enjoy the progress you've made!

Goal: Ride with confidence and keep practicing.



TIPS FOR SUCCESS

- ✓ Practice in a safe and open area first.
- ✓ Be consistent, even if it's just 30 minutes daily.
- ✓ Stay calm and patient.
- ✓ Repeat difficult skills until you're comfortable.
- ✓ Wear your helmet and proper gear always.



PROGRESS CHECK

- ✗ Can you start and stop smoothly?
- ✗ Can you control your speed?
- ✗ Can you make turns and U-turns?
- ✗ Can you ride on the road safely?
- ✗ Do you feel more confident now?

Keep going! You're doing great!



**PRACTICE TODAY.
FREEDOM TOMORROW.**

CHAPTER 21

Beginner Riding Checklist

Use this checklist before every ride. It helps you stay safe, confident and prepared.



**Check.
Prepare.
Ride Safe.
Enjoy the Journey.**

A well-prepared rider is a safer and happier rider.



1

Riding Gear



- ✓ Wear a good helmet
- ✓ Wear comfortable, closed shoes
- ✓ Use riding gloves (if available)
- ✓ Wear appropriate clothing (no loose outfits)

2

Bike Check



- ✓ Check fuel level
- ✓ Check brakes (front & rear)
- ✓ Check tyres (air pressure & condition)
- ✓ Check lights (headlight, brake light, indicators)
- ✓ Make sure the horn works

3

Know Your Surroundings



- ✓ Look around for traffic
- ✓ Check for pedestrians
- ✓ Be aware of road signs
- ✓ Identify road conditions (smooth, rough, or slippery)
- ✓ Plan your route before you start

4

Your Mindset



- ✓ Stay calm and focused
- ✓ Don't rush
- ✓ Be confident but not overconfident
- ✓ Accept that it's a learning process
- ✓ Ride within your limits

5

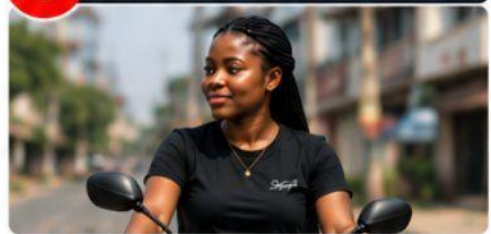
While Riding



- ✓ Keep a firm grip on the handlebars
- ✓ Maintain a safe speed
- ✓ Keep a safe distance from other vehicles
- ✓ Use your mirrors
- ✓ Obey road signs and traffic rules

6

Before You Set Off



- ✓ Sit properly on the bike
- ✓ Adjust your mirrors
- ✓ Take a deep breath
- ✓ Make sure you're comfortable
- ✓ Start the engine and go when ready



A GOOD RIDER ALWAYS...

- ✓ Checks before riding
- ✓ Stays alert on the road
- ✓ Respects other road users
- ✓ Practices regularly
- ✓ Keeps learning and improving



THINGS TO AVOID

- ✗ Riding without a helmet
- ✗ Ignoring bike faults
- ✗ Overspeeding
- ✗ Using your phone while riding
- ✗ Riding when tired or distracted
- ✗ Carrying too many passengers
- ✗ Riding on bad tyres



*Safe Riders.
Brighter
Tomorrows.*



**CHECK TODAY.
RIDE WITH CONFIDENCE.
GO FURTHER.**

CHAPTER 22

Final Safety Rules

Your safety comes first. Always ride smart, stay alert and make good decisions. These final rules will keep you safe on every journey.



**Safe Riders
Go Further.**

Ride smart today.
A brighter tomorrow.

1 Always Wear a Helmet



Your helmet protects your head and can save your life. Always wear it, no matter the distance.

2 Obey Road Signs & Rules



Follow all road signs, traffic lights and traffic rules. They are there for your safety.

3 Keep a Safe Distance



Don't ride too close to other vehicles. Give yourself enough space to react.

4 Avoid Distractions



Don't use your phone while riding. Keep your focus on the road.

5 Be Visible



Use your lights (especially at night or in low light). Wear bright or visible clothing.

6 Ride at a Safe Speed



Don't overspeed. Ride at a speed you can control and that is suitable for the road condition.

7 Watch Out for Road Conditions



Be alert for potholes, sand, water, and rough roads. Slow down and handle them carefully.

8 Be Respectful and Patient



Be considerate to other road users — drivers, pedestrians and fellow riders. Patience keeps everyone safe.

9 Check Your Bike Regularly



Keep your bike in good condition. Check tyres, brakes, lights and oil regularly.

✓ REMEMBER

- ✓ Safety is a habit.
- ✓ A careful rider is a smart rider.
- ✓ It's better to arrive late than not at all.
- ✓ Ride today, ride tomorrow, ride for a brighter future.

✗ NEVER FORGET

- ✗ No helmet, no ride.
- ✗ No phone, no distractions.
- ✗ No overspeeding.
- ✗ No dangerous shortcuts.
- ✗ Your life is valuable. Protect it.



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Steps.
Big Freedom.

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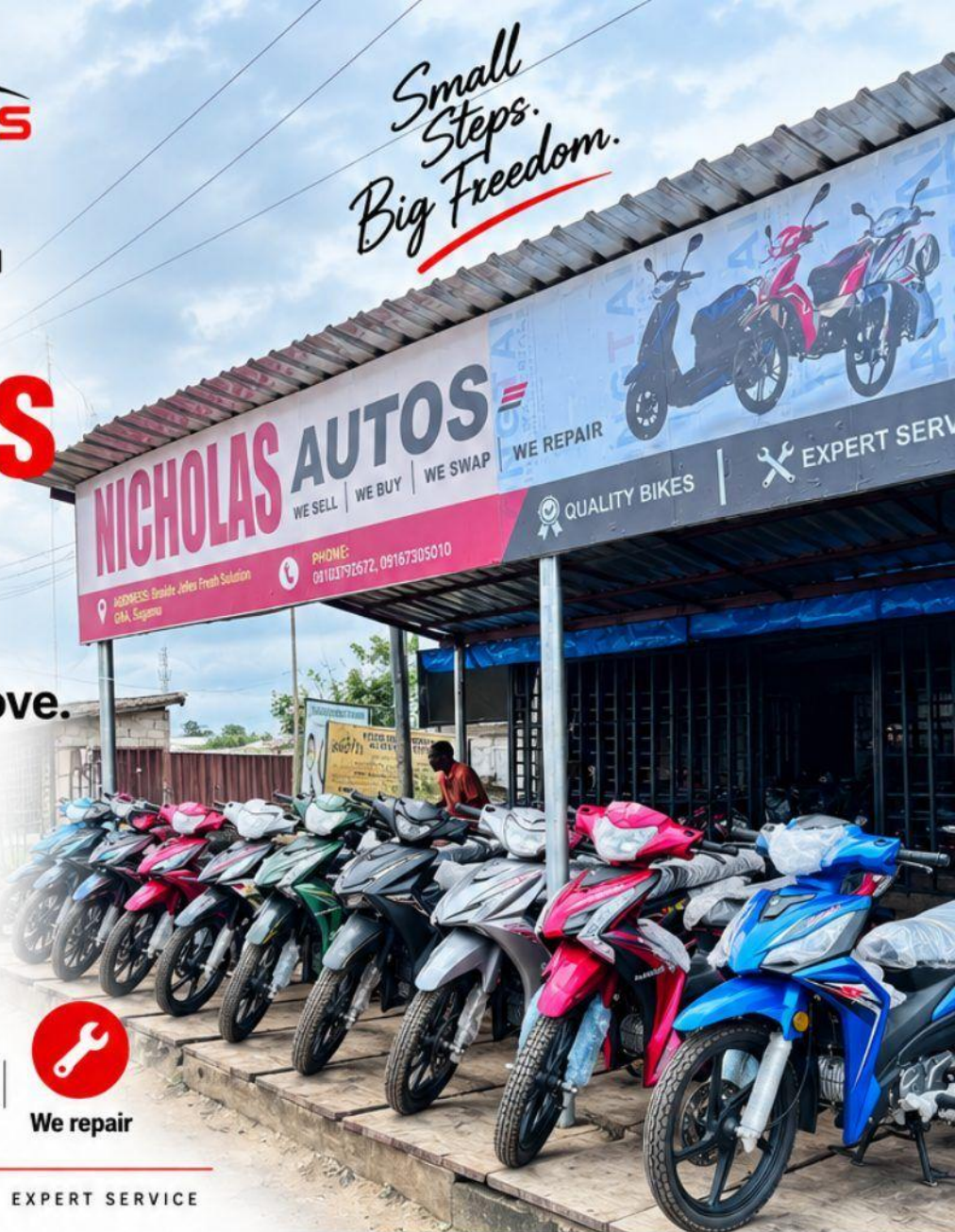


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*Ride Better
Everyday.*

*Small
Steps.
Big Freedom.*

You're Now Ready to Ride

This guide is just the beginning. With the right knowledge, practice and mindset, you can ride with confidence, stay safe and enjoy the freedom that comes with two wheels.



SAFER ROADS

Start with knowledge.



GREATER CONFIDENCE

Built through practice.



MORE FREEDOM

Explore new possibilities.



A BRIGHTER YOU

Because you can do it!

*“ Every expert
was once a beginner.
Keep learning,
keep riding. ”*



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**MOVE BETTER
EVERYDAY.**