

## THE MECHANICS OF MOTION BY MOSES

Before I wax eloquent about the mechanics of the kick, I will say without shame that my kick is pretty smooth, and I will admit that every step has been copied or tweaked or changed by sometimes the slightest whim, or a comment from one of our professional kickers! Please take a minute and share my version of the perfect kick, and maybe you will come away with a tweak of your own!

Some new riders jump on their Footbike and start pumping that kicking leg like they are trying to start a motorcycle-----or a Razor scooter like they had as a kid. We like to remind our new riders the benefit of propelling their Footbike instead of pumping their Footbike. There is a very big difference between the two.

When you stand upon your Footbike you want to feel tall, proud, comfortable, and connected to your machine. Regardless of your stronger leg, put one foot upon the deck, and push off with your other foot-----Wow.....how far can you coast before your cruise to a stop?

Once you are ready and you start linking a few kicks together you are going to realize that your standing leg is getting tired. It is time for a change-----it is time to switch your feet! Every rider has a favorite way to switch their feet so that they can kick with the other leg—for now you need to know that you can use whatever method feels natural. But you say you don't want to switch because your 'other' leg is weaker?! What you are saying is true, and we are going to work that out with the Footbike! Now Switch Your Feet!

Now you are ready for your kicking tune up. Remember, we are 'propelling' our Footbikes. Just like paddling a canoe up to speed, or rowing a boat, momentum and consistency is our friend. Your standing leg, or anchor leg, is the key to creating the stable platform that you will use to maximize your thrust and efficiency in your movements. When anchored in a position with the standing knee slightly bent, we then begin to use our 'kicking' leg as more of a pendulum, or as an oar slicing along the pavement. Instead of the 'knee-bent-kicking-leg' trying to dig up duffs of pavement-----imagine your near straight kicking leg, swinging from your semi-locked torso, and merely tapping the ground with the ball of your foot-----quick and clean, push through the kick and go! To recoil and begin that kick again reach the kicking foot as far forward as you can reach (your kicking toe will extend past the front fork when you are in the zone)----swing through, tap the ground, follow through, kick again! Excellent! Now as you develop your style and your motion you will need to remember to kick the same amount of times on each leg. We often average 5 kicks or more per leg before we switch feet.

We are going to include video clips on our website of our kicking smoothness in the coming weeks. For now we recommend you taking a few minutes and check out [www.youtube.com](http://www.youtube.com). If you search via Footbike, Kickbike, or Autoped you will see some Footbike racers and recreational riders in excellent form.

No matter what, it is all about you-----you will find the grace and balance once you get out and play.

Just Kick It,

Moses