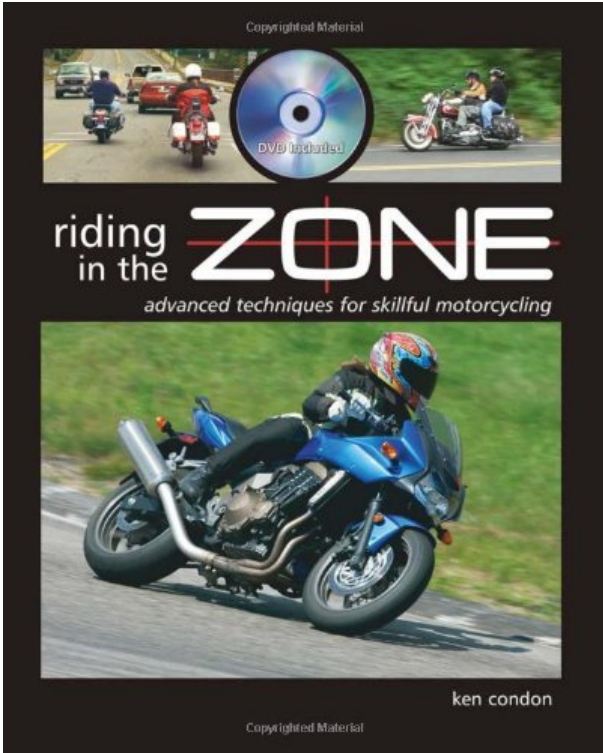
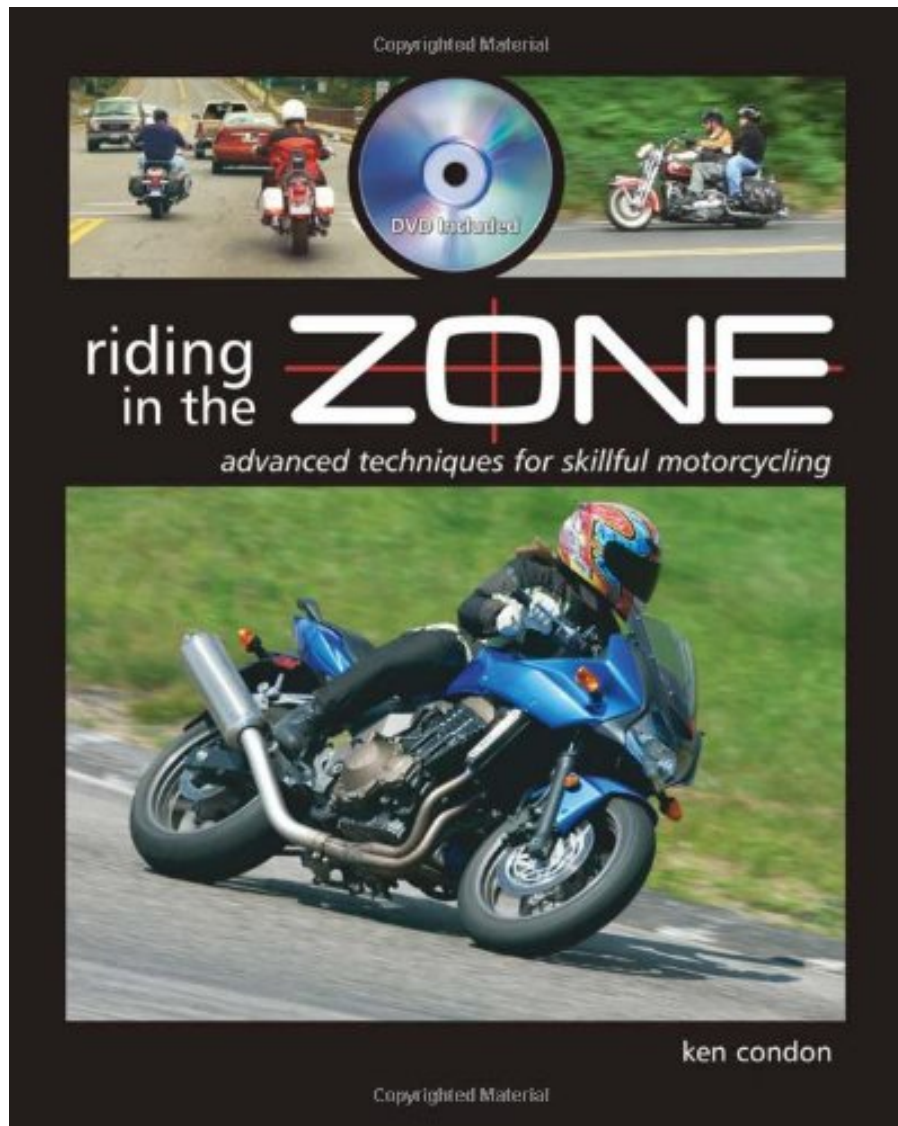


RIDING IN THE ZONE BY KEN CONDON



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Review

"The vast majority of motorcycling books on the market focus on the motorcycle itself, not the rider. There are only a handful of books on developing the skills to control your bike. Ken Condon's new book and DVD, *Riding in the Zone*, focuses on being confidently in control, and the DVD (included) provides real-time demonstrations." - RoadBikeMag.com

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I'm really pleased to see Ken Condon's new book and DVD, *Riding in the Zone: Advanced Techniques for Skillful Motorcycling*. I helped introduce Ken to *Motorcycle Consumer News* a few years ago, as a means to keep the *Proficient Motorcycling* column alive. At first, Ken followed the "Hough" format for the column, but then gained the writing skill to put the PM column in his own words and also generate the monthly *Street Strategy* tips. Over the past couple of years, Ken has been working with Dan Kennedy of Whitehorse Press to develop a book and companion DVD that would provide a new look at motorcycling skills and riding strategies. Frankly, I'm impressed. About half the book deals with mental concepts such as risk awareness. The other half is about physical skill development—mastering motorcycle control. As an MSF certified RiderCoach and track school instructor, Ken has a lot of experience explaining difficult concepts such as countersteering, and the DVD is a great tool for seeing the techniques in action. When I received my advance copy of *Riding in the Zone*, I noticed it was on the small side—less than 8" × 10" × 1/2" thick. But as I began to study Ken's advice and view the companion DVD, I realized that it's exactly the right size. The DVD is done simply but with lots of live action to demonstrate what Ken is saying. The quality is excellent, so you can easily understand the techniques. There are lots of color photos and diagrams in the book and with so much information on the DVD, that means the book can be compact. It's small enough to fit in a tank bag, so you can take it out to the practice range. And the semi-hard coated cover and high quality binding mean it's likely to survive the trip. Why are riding skills so important these days? Well, back in the 1970s, riders involved in crashes were most often victims of collisions with errant automobile drivers. Today, we're seeing more and more riders who crashed their bikes in noncollision situations. It's clear that motorcyclists need more emphasis on controlling our bikes, in addition to avoiding collisions. You might wonder how I can praise a "competing" book, considering that I also have skills books on the market, including the recent second edition of *Proficient Motorcycling*, published by Bowtie Press. I don't see *Riding in the Zone* as competition; rather, Ken and I are both attempting to help riders get more proficient. Ken has a different way of dealing with riding skills, and I believe our books complement each other. *Riding in the Zone* contains a lot of street-riding wisdom from Ken's MCN columns, but it's written in an entirely different manner that I

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RIDING IN THE ZONE BY KEN CONDON PDF

Riding motorcycles is fun but Ken Condon maintains there is a state of being beyond the simple pleasure of rolling down the road, this book was written to help other riders find that state of being. It's the experience of being physically and mentally present in the moment, where every sense is sharply attuned to the ride. Your mind becomes silent to the chatter of daily life and everyday problems seem to dissolve, you feel a deeper appreciation for life. Your body responds to this state of being with precise, fluid movements, you feel in balance, your muscles are relaxed, and it seems as though every input you make is an expression of mastery. This is "the Zone." Condon has identified all the factors that affect entering the Zone and addresses each one individually, from the development of awareness and mental skills to mastering physical control of the motorcycle. At the end of each chapter are drills designed to transform the book's ideas into solid riding skills. A companion DVD is included to demonstrate each concept and technique.

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- Binding: Paperback
- 144 pages

Features

- Used Book in Good Condition

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Most helpful customer reviews

43 of 43 people found the following review helpful.

Good Book, Better Video, But Not "Advanced"

By David Louw

I received this book earlier in the week and breezed through the content pretty quickly in a couple of evenings. Let me just say that I've been voraciously reading all the motorcycle technique books I can get my hands on including both of David Hough's books and Lee Parks' Total Control.

Ken spends over half the pages of Riding in the Zone on very basic concepts that are already well covered in every other text, including the Motorcycle Safety Foundation (MSF) workbook. This was the biggest disappointment to me as the subtitle of the book is "advanced techniques for skillful motorcycling." The second half of the book covers some intermediate topics that are generally covered well in existing books. When getting to the advanced topics, such as suspension setup, Ken simply refers you to other texts.

So why did I give this four stars despite being disappointed with the book? Well, the book has two great things going for it. First, unlike the David Hough books, Ken provides clear exercises for practicing the techniques. That's something I haven't found elsewhere and was the real reason I was excited to get this book. The second and most important reason is that the book comes with a well produced, clear, and relevant DVD that covers the topics. In fact your time would be better spent simply watching the video and practicing the exercises.

In summary, this book should really be subtitled "Basic and Intermediate Techniques." Without the high quality DVD I would give this title three stars. If you're looking for one book that really does cover advanced techniques I'd highly recommend Lee Parks' Total Control. People happiest with this book are likely to be

those that just completed the MSF course or those that have never taken it.

Pros:

- * Clearly described exercises for learning the techniques
- * Very well produced video that covers the key information and exercises from the book

Cons:

- * Deceptive subtitle. This is not a book of advanced techniques. For that read Lee Parks' Total Control
- * Lack of depth on many topics
- * Most of the book focused on basic information already available through beginner books, including the MSF workbook

2 of 2 people found the following review helpful.

Reinforces some of the basic skills, elaborates on a few others

By Mr. EcoBoost

Riding in the Zone

Most of the beginning chapters involve the soft skills and science with motorcycle riding. Once the reader progresses to about the 50% point, skills and exercises are introduced which greatly helped with passing the Motorcycle Safety Foundation's Basic RiderCourse. Ken's exercises also help evolve beyond the BRC's instructions with topics like body positioning and trail braking (which will get you scolded by the MSF instructors if they saw you doing it during the cornering exercises). I found the book to be a good supplement with other books like Proficient Motorcycling, Total Control, and Twist of the Wrist 2.

The DVD that comes with this book is a useful supplement as it demonstrates a lot of the techniques covered in the book. Ken also shows off his lovely daughter Jeannine during the body positioning demonstration. I wasn't sure why he did this, but it didn't detract from the lesson so it's all good.

I didn't feel this book was as mandatory as some of the other riding books, but it did cover body positioning and trail braking which isn't as widely discussed in other texts.

Overall: 4/5 stars

0 of 0 people found the following review helpful.

Great Discussion of Necessary Riding Skills and Great DVD

By Amazon Customer

Ken Condon provides an excellent discussion of the key skills required to ride safely. He picked up the mantle of David Hough in writing an MC safety column for MCN Magazine, with David's help. While Hough's Proficient Motorcycling books look into more depth on many road hazards, such as edge traps, and are a highly recommended read / re-read, Ken's book covers basic MC handling skills (as does Hough's). David has over 45 years riding experience, and Ken has over 30. Both have / are MC safety trainers. But Ken also brings track experience to bear. And his DVD illustrates all the key points in the book and the drills. Ken spends much time stressing practice drills to cover each point. And this is a smaller book, suitable to bring along for parking lot practice sessions. I recommend it highly as an important addition to the rider's library for safe, enjoyable riding "in the groove" or "in the zone" when everything comes together for a great, safe riding experience.

See all 38 customer reviews...

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