

# Devo Basic Skills

These fundamental skills are the first stage of forming a strong foundation for your kids to explore the world of mountain biking. All will progress at their own pace working toward mastering each skill. The building block format will encourage riders to trade in hesitation for excitement as they improve. Fundamentals will help to harness the skills of agility, balance and coordination.

Six progressive levels will introduce Body Position, Separation and Turning, Braking and Shifting, Climbing and Descending, Wheel Lifts and Obstacles, High Speed Cornering.

All skills are required to be completed on platform pedals.

## Level 1 – Basic Body Position

Level Pedals  
Standing up  
Wide Knees  
Wide Elbows

## Level 2 – Separation

Neutral / Ready  
Cover the brakes  
Bike Body Separation (Side to Side)  
Bike Body Separation (Front to Back)

## Level 3 – Braking, Shifting and Stopping

Modulation  
Bracing  
Ratcheting  
Power Shifting  
Stopping  
Timing and Progression before advancing to level 4

## Level 4 – Climbing and Descending

Climbing – Move forward, Lower Chest to Bars, Pull in on Bars for more control.  
Descending – Weight back  
Dismounts – Up Hill, Down Hill  
Switchbacks

## Level 5 - Wheel Lifts and Obstacles

Front Wheel Lift  
Rear Wheel Lift  
Level Lift  
Roll Down Lunge  
Timing and Progression before advancing to Level 6

## Level 6 – High Speed Corners

Flat corners at speed  
Slalom/Berms