

# Improve your skills

## Berm



**Key points for the perfect berm -**

- 1 - Brake before you enter.**
- 2 - Look at where you want to go.**
- 3 - Lean bike (shift your weight).  
Using arms & feet push down  
through the berm.**
- 4 - Carry speed on exit, flowing fast  
out.....bermtastic!!!!**