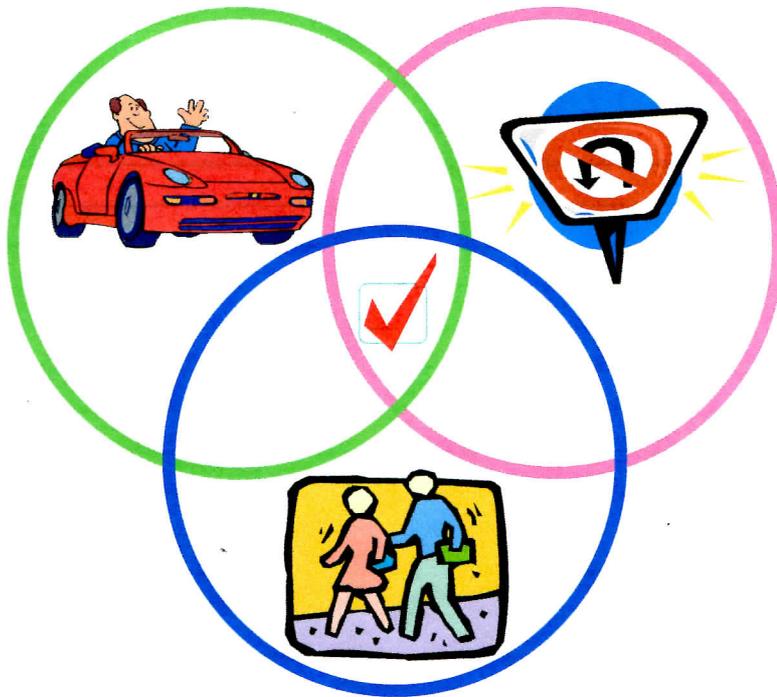


Conduire
Bien conduire
Bien se conduire



- **TECHNIQUE**
- **CIRCULATION**
- **SENSIBILISATION**

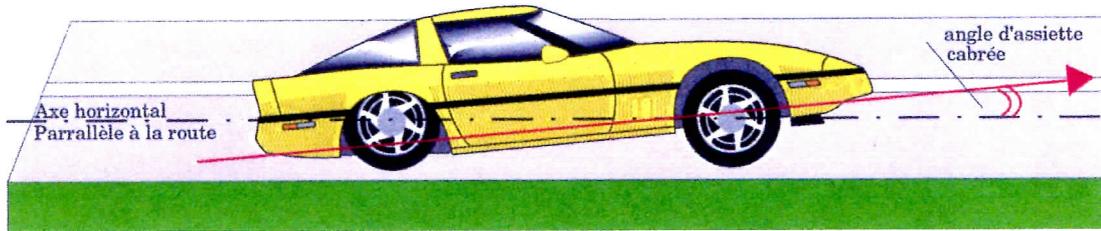
Conduire, c'est ces trois choses

Position du corps

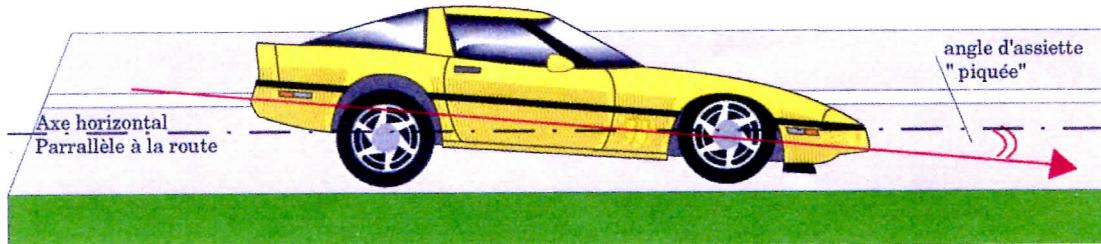


Les forces dynamiques – La voiture est contraire aux instincts naturels

Accélération



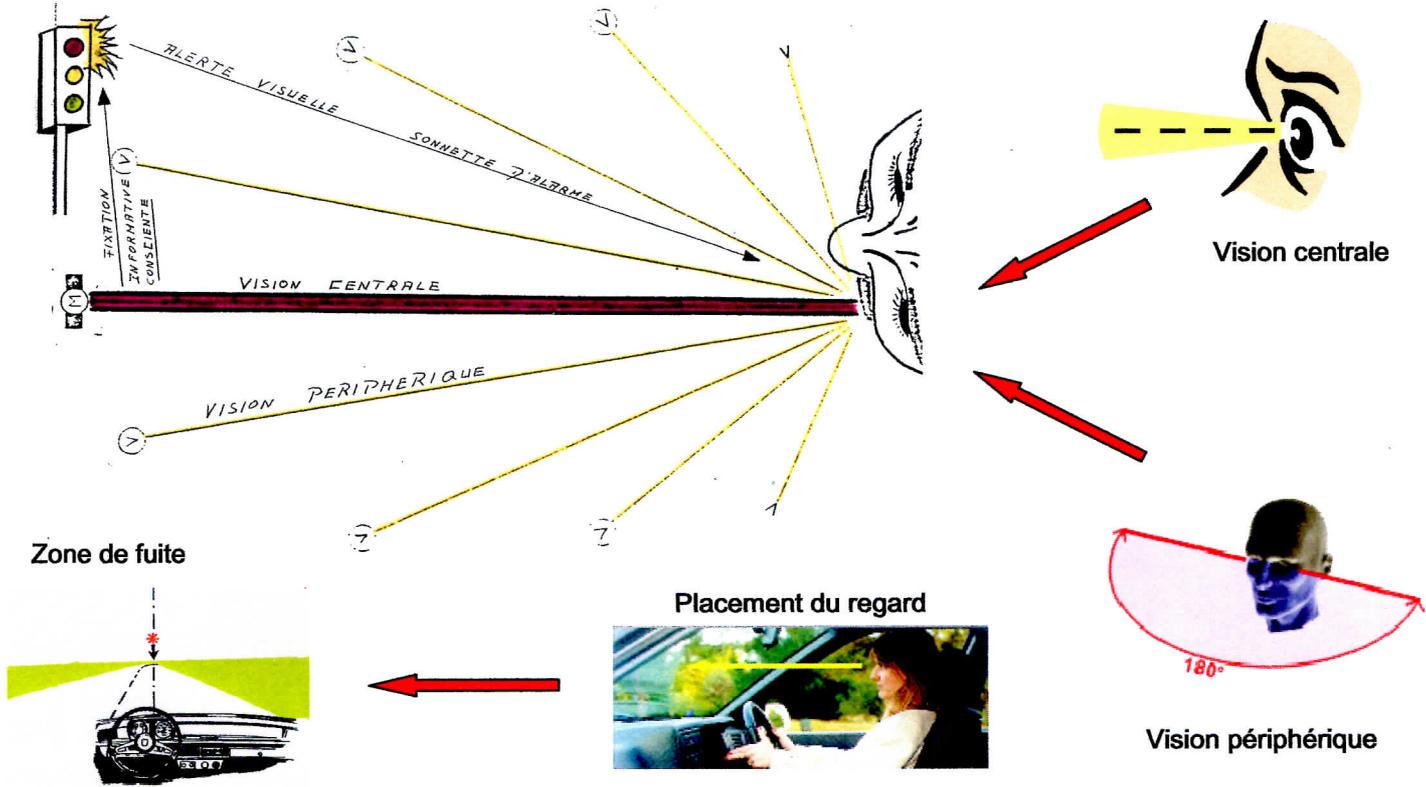
Freinage



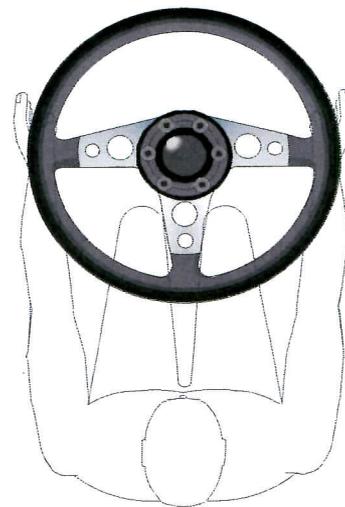
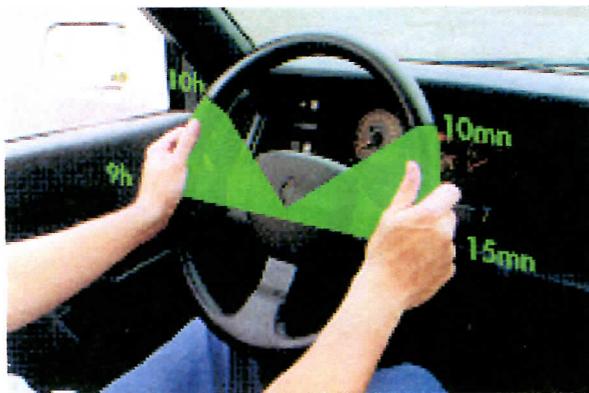
Quand on tourne à droite la voiture penche à gauche



Vision centrale et vision périphérique

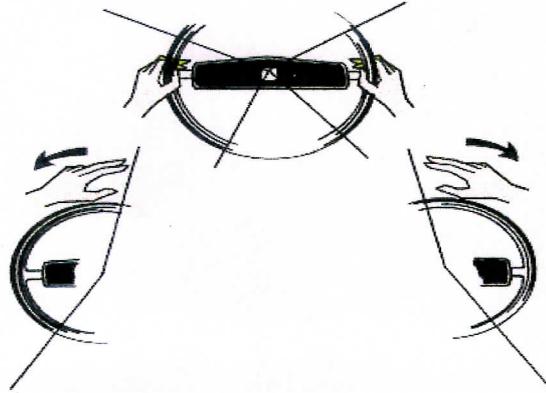


Placement des mains sur le volant

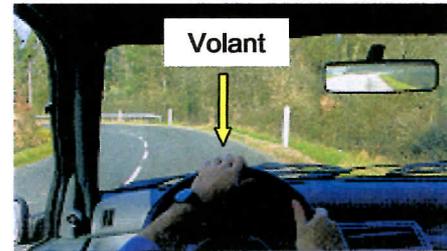
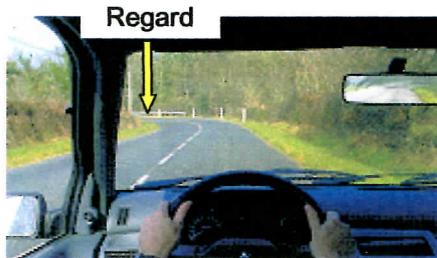


Technique du chercher – tirer – retour (laisser glisser) et,
Technique du chercher - tirer – gratter – retour (laisser glisser)

Tournant à gauche



Tournant à droite

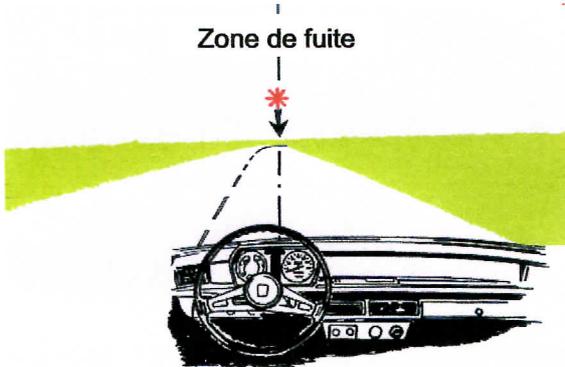


Quand on tourne à droite la voiture penche à gauche



Technique du regard – Le véhicule va dans la direction où se porte le regard

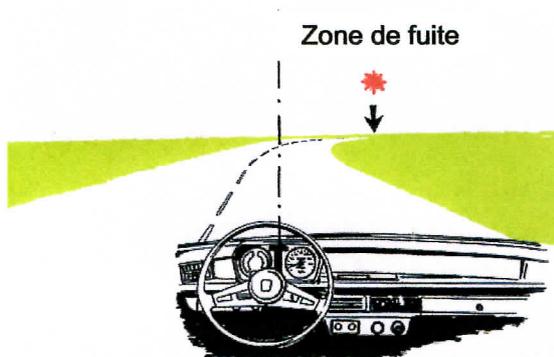
Zone de fuite



Virage



Zone de fuite



Courbe

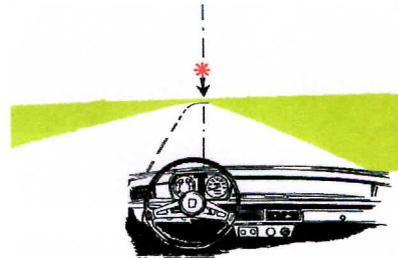


Technique du regard – Le véhicule va dans la direction où se porte le regard

Placement du regard



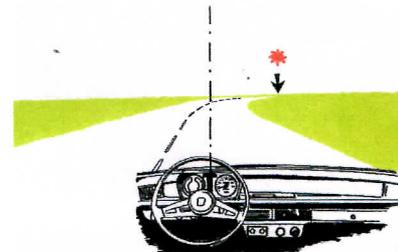
Zone de fuite



← Virage



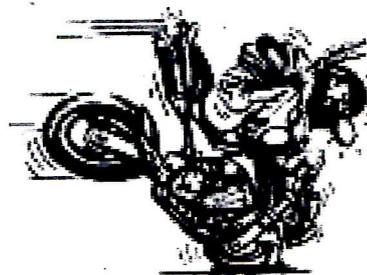
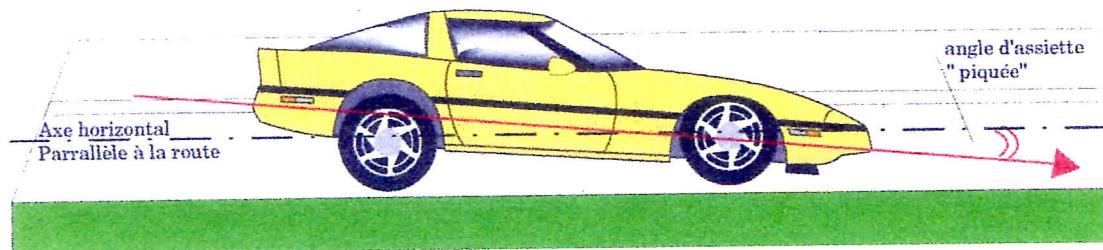
Anticipation



← Courbe



Freinage

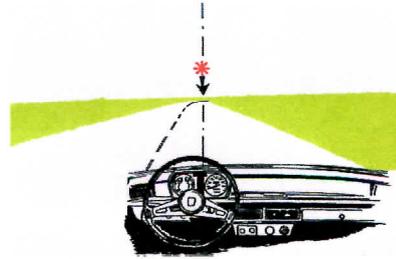


Technique du regard – Le véhicule va dans la direction où se porte le regard

Placement du regard



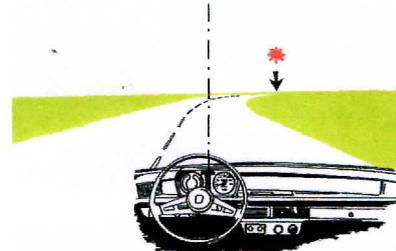
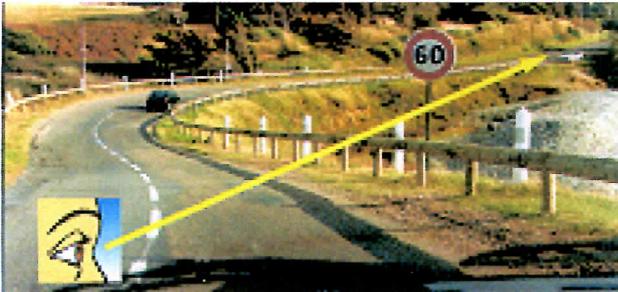
Zone de fuite



← Virage
↓



Anticipation



← Courbe
↓

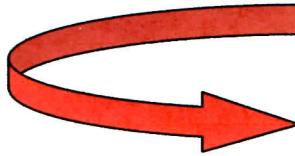


Trois freinages

Ralentissement



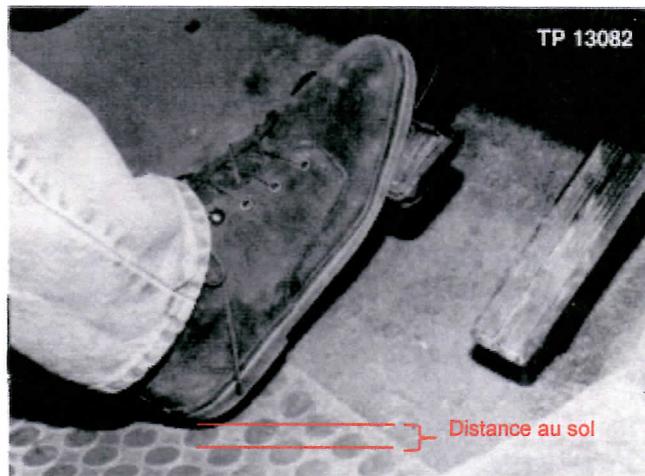
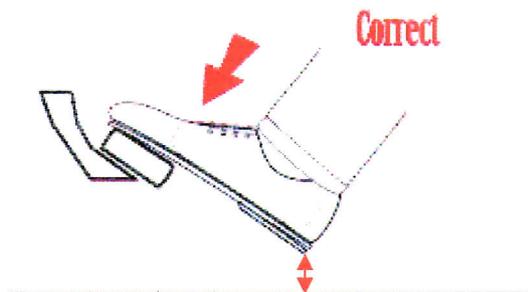
Précision



Position du pied sur l'accélérateur

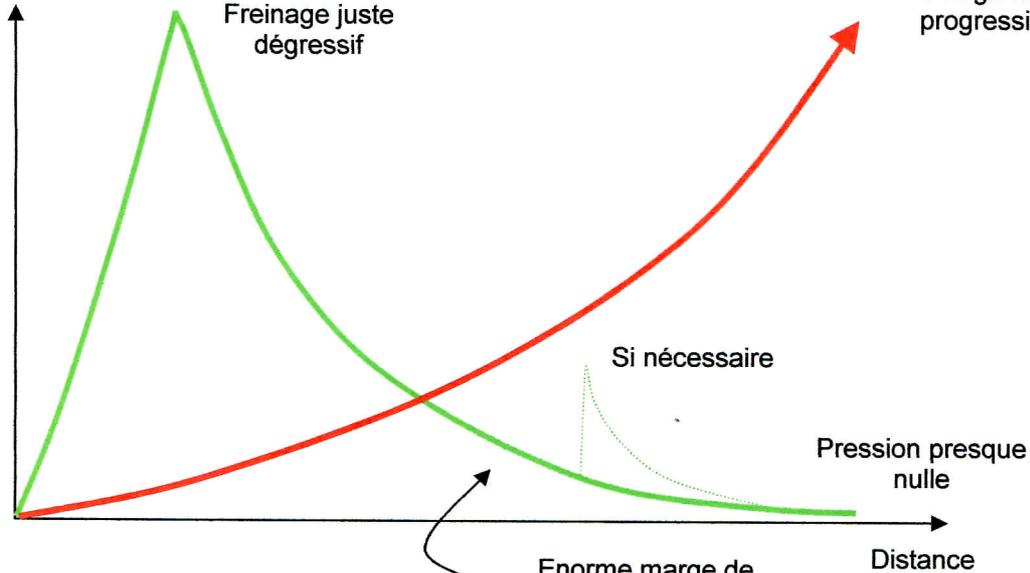


Position du pied sur la pédale du frein



Freinage progressif et dégressif

Pression



Enorme marge de sécurité

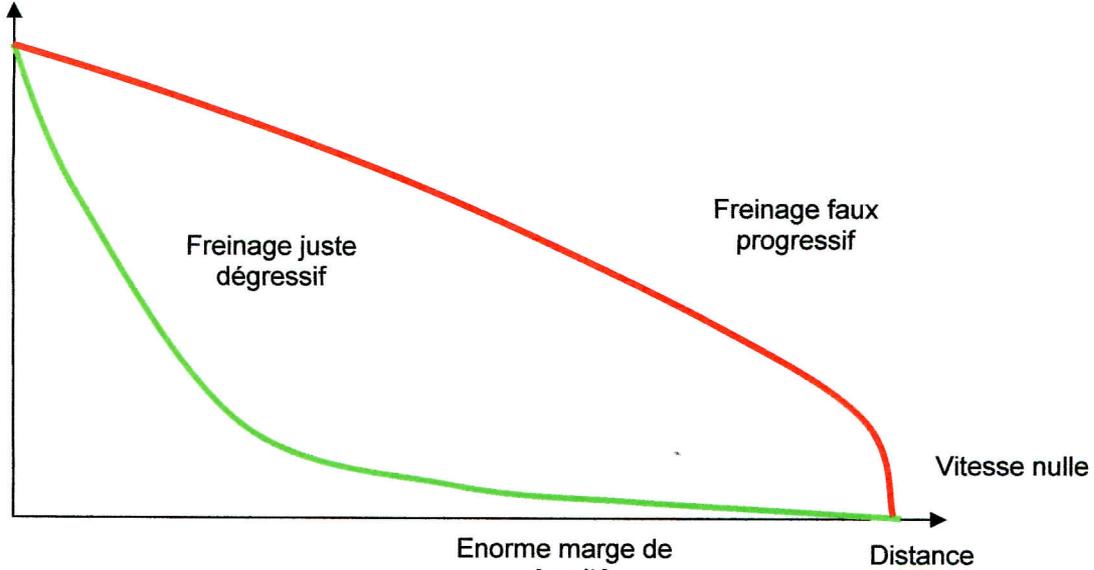


Freinage



Freinage progressif et dégressif

Vitesse



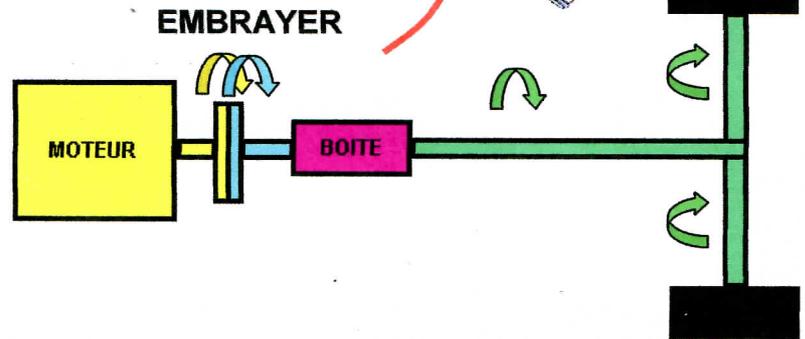
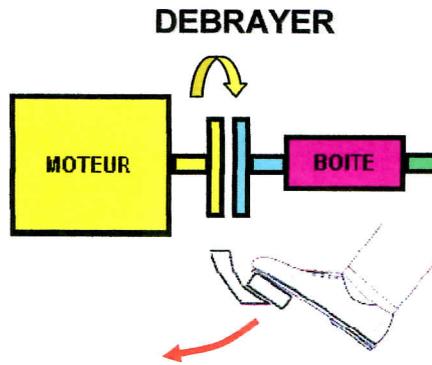
Freinage



Préparation au freinage – Impérative et conditionnelle



Embrayer - Débrayer

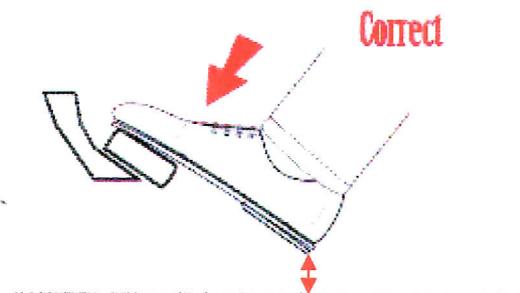


Position du pied sur la pédale d'embrayage

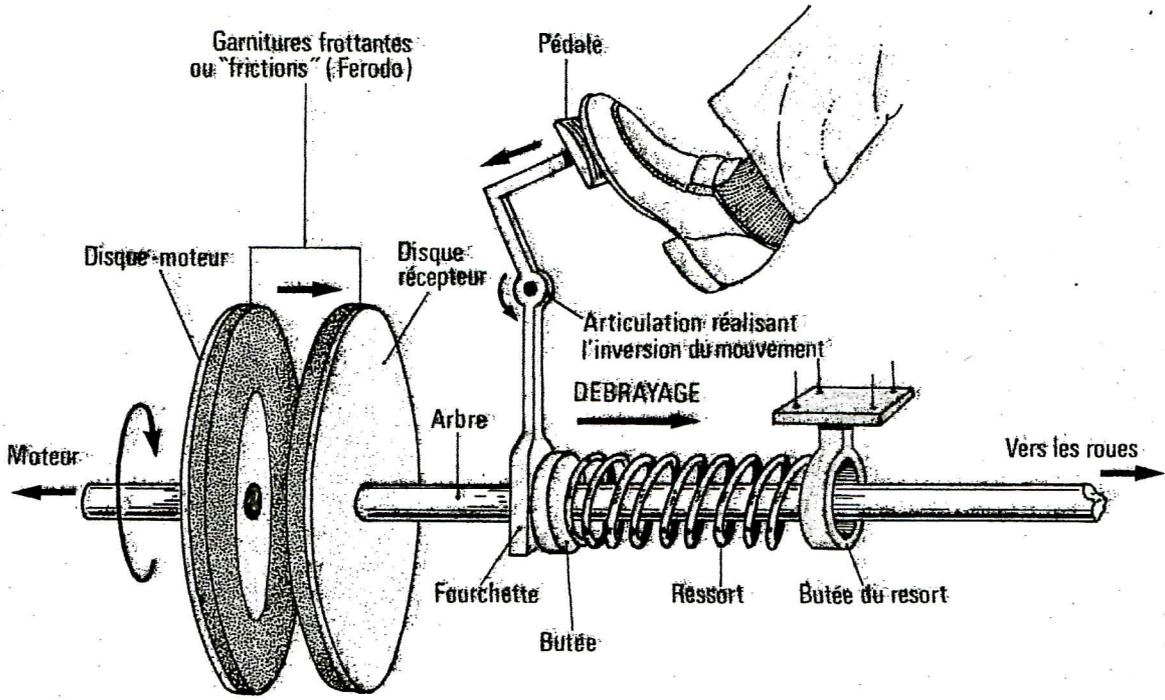


Repose-pied

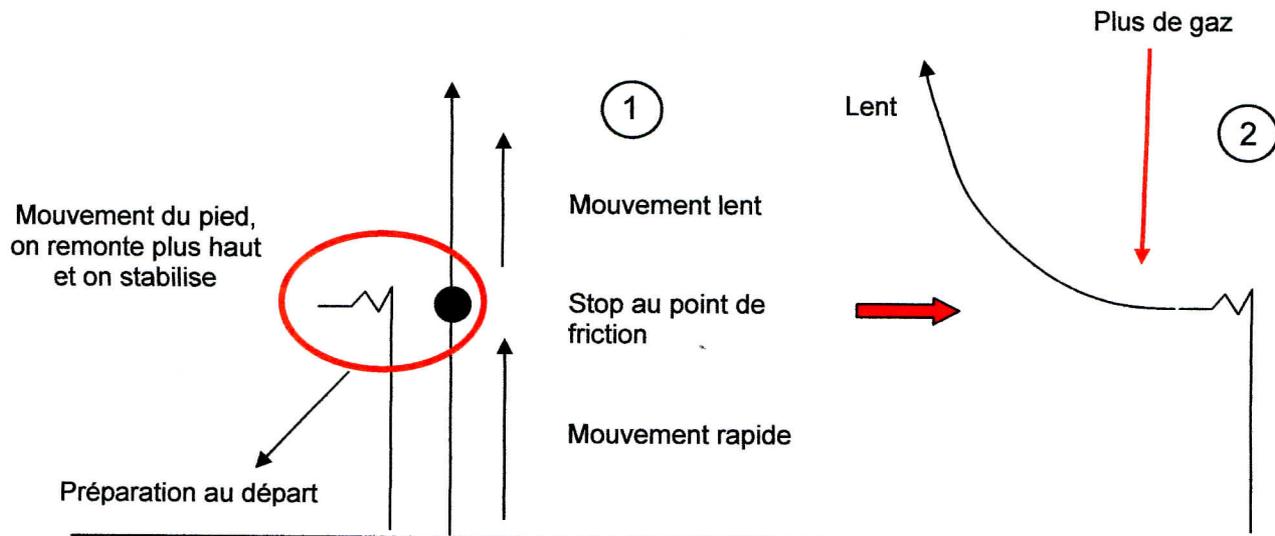
Pédale d'embrayage



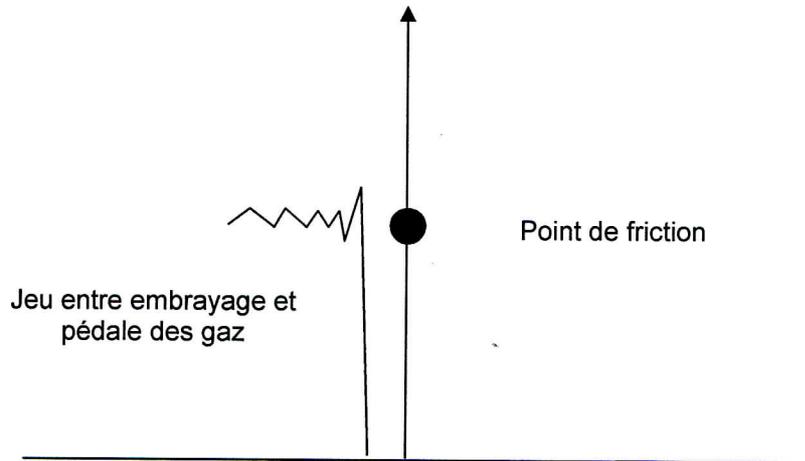
L'embrayage, c'est la jonction progressive entre roues et moteur.



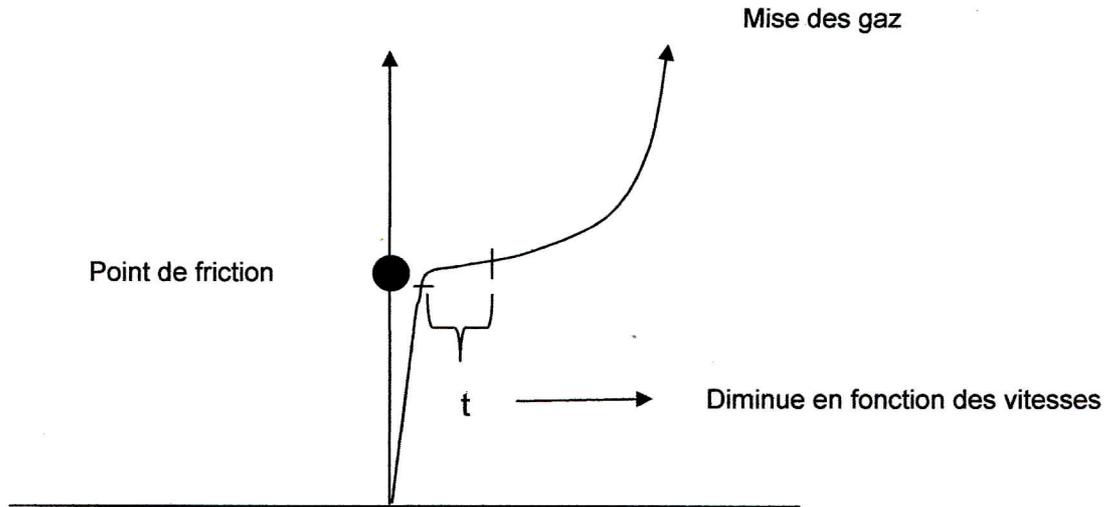
Mouvement du pied sur l'embrayage au démarrage



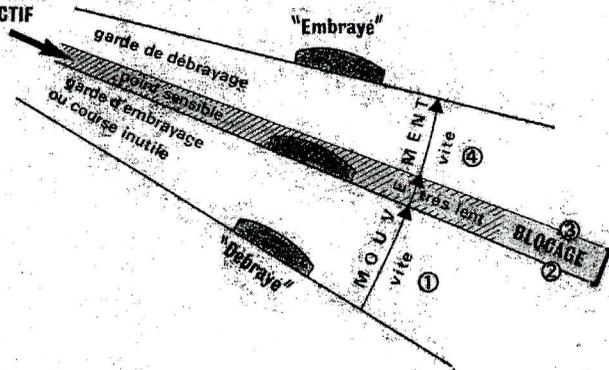
Mouvement du pied sur l'embrayage au rapport de vitesse supplémentaire



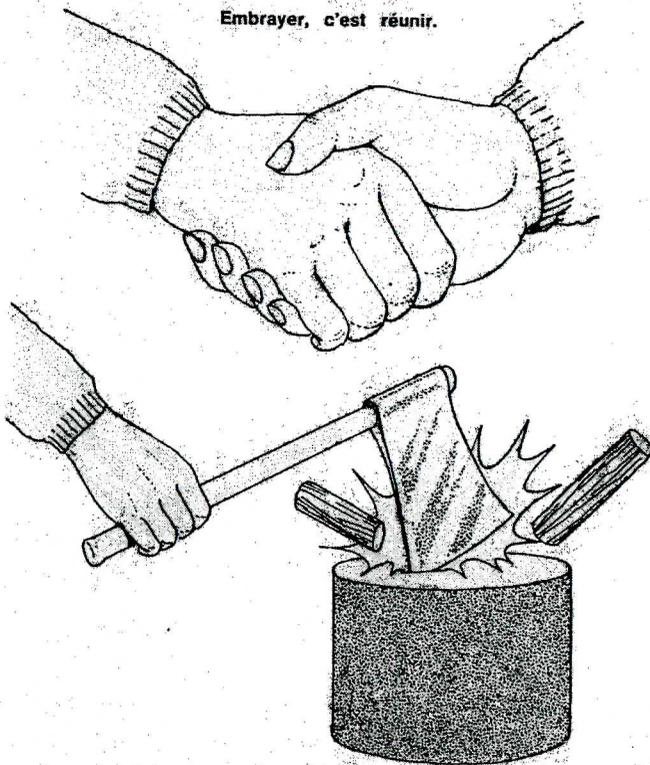
Mouvement du pied sur l'embrayage en changeant de vitesse



**EMBRAYAGE
EFFECTIF**



Embrayer, c'est réunir.



Débrayer, c'est séparer.