

BICP Level 2 Skills	Level 2 Minimum Ride Standards
Trackstand	Perform a Trackstand for 10 seconds or longer – with two different wheel/pedal combinations.
Front Wheel lift	Perform a Front Wheel Lift over a 4-inch (10 cm) high obstacle or stick.
Rear Wheel lift	Perform a Front Wheel Lift then Rear Wheel lift over 4-inch (10 cm) high obstacle or stick.
Level lift	Perform a Level Lift over a 4-inch (10 cm) high obstacle or stick, landing both wheels at the same time.
¼ Punch Front Wheel Lift	Perform a ¼ Punch Wheel Lift up/over 4-inch (10 cm) high obstacle, add unweighting of the rear wheel.
Manual Front Wheel Lift	Perform a Manual Front Wheel lift over an obstacle or stick, for a minimum of 1 bike length.
Advanced Braking	Perform an Emergency Braking Stop at running speed in the correct order demonstrating all the body movements in order.
Steep Descending	Descending an Intermediate (black trail) for 20 ft (6 m) or longer (technical trail) demonstrating proper use the Ten Fundamentals.
Roll Down Lunge	Perform a Roll Down Lunge down a feature of 12 inches (30 cm) in height.
Highspeed Cornering	Perform a High-Speed Corner demonstrating all body movements in order, through a 180-degree corner- in both directions.