Next Steps

When you can move away from the rail, set yourself some challenges. Here are some ideas:

- Stay on for as long as possible (count the pedal rotations).
- Ride in three meter diameter circle. Often school tennis or basketball courts have convenient paint markings, or you could draw one with chalk.
- Ride in a figure eight in the same space.
- Ride in a straight line for the length of a basketball court.
- Learn to free mount (get on unassisted by a wall or fence).

Just get out and ride. Time in the saddle is important. Ride with others. You can play basketball, hockey, football, polo and jousting on unicycles.

Safety Equipment

Wear comfortable clothing suited to moderate outdoor exercise.

Pants will protect your legs from scratches. Sneakers will protect your feet. Tuck the laces in so they don’t get tangled in the pedals. Sandals may get caught and cause a nasty fall.

A cycle helmet and wrist guards are highly recommended as basic gear for riding a unicycle.

Inspiration

Introduction to Unicycling: An easy-to-follow, safety-minded approach to unicycling. There’s no magic to riding; just watch the suggested techniques and practice, practice, practice! (DVD)

Defect: Groundbreaking filmmaking with a fresh soundtrack showcase riders doing street, mountain and trials unicycling. A must have! (DVD)

One Tired Guy: Kris Holm defines mountain unicycle standards in this extraordinary collection of action and adventure films!

Wheel of Justice: Documentary of the early stages of unicycling. George Peck is the grandfather of mountain unicycling.

Need More Help?

These tools are available on our website www.unicycle.com

How to Ride Your Unicycle: Step by step beginners guide to the most ridiculous form of transportation ever invented.

Skills DVD: This short DVD will show you everything you need to know to get you up on the unicycle and rolling quickly, avoiding the common pit falls.
Congratulations!

You are about to take your first steps into the One Wheeled World.

- Unicycling is fun.
- It’s great exercise.
- It’s good for balance, coordination and agility.
- It’s a challenge for the mind too: overcoming the fear barrier to ride a steep bank, jump a large gap, land a difficult trick.

The unicycling community is positive, encouraging, supportive, and very passionate about the sport. Thank you for joining us!

This guide will give you the basics of getting on and riding around. Most people will achieve basic riding ability within a very short time.

What to expect:
1 hour: Able to sit on the unicycle and move along while holding a wall or rail.
2 – 5 hours: Able to leave the rail and ride around on a smooth surface. Just return to the rail to mount.
10 – 15 hours: Can perform controlled turns, beginning to attempt basic tricks like free mounting.

NOTE: these times may vary significantly depending on age and individual ability.

A Place To Learn

Look for a smooth concrete or wooden floor area clear of obstructions. It must be smooth and level, any rock, crack or dip will knock you off when you are beginning. Ideally the area should have a handrail or bar at about elbow height to hang onto. A hallway will also work. If riding in a gym, make sure that the unicycle has plastic pedals so they do not mar the finish of the gym floor.

Getting On

The wide part of the seat is the back. The pedal marked “L” should be on the left, “R” on the right. Use the quick release to adjust the seat height.

When seated, with the ball of one foot on a pedal in its lowest position, your leg should be slightly bent. (5 degree bend)

With your feet flat on the ground, pull the seat up between your legs. Spin the wheel so that the pedal is in the 4:00 position.

Put both hands on the handrail or fence and pull yourself upright, stepping lightly on the closest pedal.

The wheel should rotate slightly underneath you. Place your other foot on the top pedal. Pedal ¼ turn again to get your feet horizontal (pedals are both the same height above the ground).

Use the “step by step” method: with horizontal cranks (feet both at same height off the ground).

Moving Along

Use the “step by step” method: with horizontal cranks (feet both at same height off the ground). Make sure your weight is on the seat, back is relaxed but straight, head is up, eyes looking forward. Don’t hold onto the seat.

Take one “step” by quickly pedaling half a revolution. Check for correct posture and balance, then take another step. Pause between steps to check again for posture. As confidence grows, do two steps, then three steps.

Gradually rely less and less on the handrail: simply running a hand along it, or only briefly touching it for balance when needed.

Mental Checklist
- Eyes forward
- Weight on seat
- Sit up straight
- Hands free

Common Problems

Problem: Falling off Forwards.
Solutions: Pedal Faster, Sit Up Straight -- Bring your center of gravity back over the wheel by pedaling a bit faster. If you keep leaning too far forward you will have to pedal faster and faster until your legs can’t keep up.

Problem: Falling off Backwards.
Solution: Pedal Slower, Sit up Straight -- Bring your center of gravity back over the wheel by pedaling a bit slower or leaning slightly forward.

Problem: Falling off sideways.
Solution: Look and turn in direction of fall -- Keep pedaling! Turn by pointing your knees / hips into the fall. Try to stay on for as long as you can. Wave your arms around for balance if needed. Style comes later!