

# Internal Forces

**You now know that in order to move one way, you have to push something the other way. But what if you stay attached to the thing you push off of?**

**Situation #1 Look at the Ultimate X video 1 at mrmont.com**



**When the biker pushes the bike down, what happens to him?**

**When the biker pulls the bike back up, what happens to him?**

**On the whole, did these pushes and pulls cause them to leave their original path?**

**Situation #2 Look at the Ultimate X video 2 at mrmont.com**



**When the biker pushes the bike to the left, what happens to him?**

**When the biker pulls the bike back, what happens to him?**

**On the whole, did these pushes and pulls cause them to leave their original path?**

**Situation #3 Look at the Ultimate X video 3 at mrmont.com**



**When the biker pushes the bike to forward, what happens to him?**

**When the biker pulls the bike back, what happens to him?**

**On the whole, did these pushes and pulls cause them to leave their original path?**

**In general, can you change your speed or direction by pushing off of something you stay attached to?**

**Now what do you think about the first questions I asked you today?**