



B.R.A.K.E.S is coming to Missouri!

- Jefferson City, MO – May 16-17, 2026
- Bridgeton, MO – June 27-28, 2026

Registration dates and more information coming soon at <https://putonthebrakes.org/>

The B.R.A.K.E.S. Teen Pro-Active Driver Training is an advanced driving school, for teenagers 15-19 who have a learner's permit or driver's license with at least 30 hours of driving experience. B.R.A.K.E.S. teaches teens defensive driving techniques on a closed curriculum in a controlled environment.

High caliber instructors educate teens and their parents through both classroom and hands-on instruction. A low 3:1 student to instructor ratio allows the opportunity for quality time with each teen.

The day begins with a brief review of some basic driving topics including; proper seating position, hand positioning, and basic vehicle dynamics. After finishing the classroom portion, the teens receive hands-on training in 5 courses.

B.R.A.K.E.S. classes are free to all, but a \$99 refundable deposit is required to secure your reservation.

B.R.A.K.E.S. Five Hands-On Training Exercises:

Crash Avoidance/Slalom Exercise

The crash avoidance and slalom curriculum is a two part curriculum that forces students to make a split second reaction to negotiate a quick, evasive lane change without losing control. This part of the curriculum is designed to simulate an animal or object jumping out in front of a car. The second part of the curriculum is a coned slalom curriculum where students must negotiate their vehicle around cones while focusing on weight transfer, hand positioning, and eye scanning.

Drop Wheel/Off Road Recovery Exercise

The drop wheel recovery curriculum teaches students how to effectively recover from a drop wheel situation by regaining control of the car and safely returning to the roadway. Drop wheel collisions are among the highest causes of injuries and deaths across the U.S..

Distraction Exercise

The distraction curriculum forces a driver to negotiate a tightly coned curriculum while being distracted by the instructor. The curriculum is designed to demonstrate just how dangerous cell phones, text messaging, music, traffic, and friends in the car can be for drivers.

Panic Stop Exercise

The panic stop curriculum is designed to teach students the proper technique to stop a vehicle in the shortest distance while maintaining control. Students experience first-hand the effects of an A.B.S. (Anti-Lock Braking System) and its ability to keep the wheels from locking while pulsating brake pressure.

Car Control and Skid Recovery Exercise

We use special skid tires on a curriculum, in a controlled environment, that is designed to prepare students how to drive in bad weather. We train them for situations in which they can learn how to recognize and avoid a loss of control. The students are taught how to properly avoid and recover from both over-steer (rear wheel) and under-steer (front wheel) skids.