

**Torq Zone Academy has been training bicycle technicians since 2014.**

## What makes us the Bicycle Training Centre of Excellence?

- National Qualification accreditation
- International Cytech technical accreditation
- Fully equipped, world-class training facility
- Fully qualified facilitation
- Commitment to the bicycle mechanic occupation

## Training Offerings

Torq Zone Academy offers the internationally recognised, United Kingdom based Cytech technical scheme for bicycle technicians which is also offered in Canada and Australia, and is also accredited with the Quality Council for Trades and Occupations (QCTO) to offer the national qualification Occupational Certificate: Bicycle Mechanic, NQF Level 4.

**Junior Technician Programme** – Learning on this programme forms the foundation and core of bicycle maintenance and repair. Learning areas cover knowledge and skills related to workshop practices and legislation, frame preparation, groupset servicing and repair, and basic wheel building.

***We regard this programme, and its associated courses, as the bare minimum competencies need to acquire for aspiring technicians.***

### Course Breakdown

Course	Component	Learning areas	Who Is the Course For	Upon Completion You Will Be Able To
Cytech technical one	Theory (online)	<ul style="list-style-type: none"> <li>• Workshop practices</li> <li>• Torque</li> <li>• Lubrication</li> <li>• Tyres and tubes</li> <li>• Manufacturers</li> <li>• Health and safety</li> <li>• Consumer legislation</li> <li>• Pre Delivery Inspection</li> </ul>	<ul style="list-style-type: none"> <li>• New entrants to the trade looking to build a solid foundation in bicycle mechanics and technology</li> <li>• Those already in the industry wanting a better understanding of bicycle workshops and bicycle technology</li> <li>• Those wanting to understand the legal aspects of working in a cycle shop</li> <li>• Those wanting to uphold workshop operational and safety standards</li> </ul>	<ul style="list-style-type: none"> <li>• Identify bicycle parts and components</li> <li>• Understand workshop setup, processes, and procedures</li> <li>• Be familiar with general and special tooling</li> <li>• Know what lubricants to use and where to use them</li> <li>• Know bicycle manufacturing standards and tyre standards</li> <li>• Know your responsibilities with workshop safety and the rights of customers</li> <li>• Know how to assess a bicycle for functionality and safety</li> </ul>

Course	Component	Learning areas	Who Is the Course For	Upon Completion You Will Be Able To
	Practical (class-based)	<ul style="list-style-type: none"> <li>Frame alignment &amp; preparation</li> <li>Pre-delivery inspection</li> </ul>	<ul style="list-style-type: none"> <li>New entrants to the trade looking to build a solid foundation in bicycle mechanics and technology</li> <li>Those wanting to prepare a bicycle frame for assembly</li> </ul>	<ul style="list-style-type: none"> <li>Check and adjust rear triangle, dropout, and hanger alignment</li> <li>Conduct: <ul style="list-style-type: none"> <li>Headtube facing &amp; reaming</li> <li>Bottom bracket shell facing &amp; tapping</li> <li>Fork crown facing</li> <li>Threaded fork tapping</li> <li>Internal tapping</li> </ul> </li> <li>Assess a bicycle for functionality and safety</li> </ul>
Cytech technical two	Groupset servicing and repair	<ul style="list-style-type: none"> <li>Headsets</li> <li>Cranksets</li> <li>Bottom brackets</li> <li>Gears</li> <li>Hubs</li> <li>Brakes</li> </ul>	<ul style="list-style-type: none"> <li>New entrants to the trade looking to build a solid foundation in bicycle mechanics and technology</li> <li>Those wanting to upskill in major servicing, and building bicycles</li> <li>Those wanting to enhance their expertise in wheel maintenance and building</li> </ul>	<ul style="list-style-type: none"> <li>Identify the different standards of the different major componentry of a bicycle</li> <li>Conduct installation, servicing, inspection, and repair on the major componentry of a bicycle</li> </ul>
	Wheel building	<ul style="list-style-type: none"> <li>Wheel technology</li> <li>Spoke length calculation</li> <li>Wheel lacing</li> <li>Wheel truing</li> </ul>		<ul style="list-style-type: none"> <li>Lace and build a three-cross tangential wheel to within lateral, radial, centring, and spoke tension tolerances</li> </ul>

### Course Alignment, Entry Requirements, Duration, and Fee

Cytech Alignment	Entry Requirement	Duration	Course Fee
Cytech technical one which includes: <ul style="list-style-type: none"> <li>Technical one theory (online)</li> <li>Technical one practical (class-based)</li> </ul>	NQF Level 2 with Communication	<ul style="list-style-type: none"> <li>Technical one theory (online) – 60 days to complete</li> <li>Technical one practical (class-based) – 2 days</li> </ul>	<ul style="list-style-type: none"> <li>Technical one theory (online) – R2,450</li> <li>Technical one practical (class-based) – R4,600</li> </ul>
Cytech technical two	Cytech technical one	8 days	R19,600

\*All pricing is effective from 1 January 2026

**Senior Technician Programme** – Learning on this programme focusses on the knowledge and skills related to bicycle specialist componentry maintenance.

### Course Breakdown

Course	Component	Learning areas	These Courses Are Aimed At	Upon Completion You Will Be Able To
Cytech technical three	Hydraulic brakes	<ul style="list-style-type: none"> <li>Technology</li> <li>Lever servicing</li> <li>Calliper servicing</li> <li>Hose installation</li> <li>Brake flushing and bleeding</li> </ul>	<ul style="list-style-type: none"> <li>New entrants to the trade looking to build a solid foundation in bicycle specialist componentry</li> <li>Those wanting to understand the fundamentals of suspension, and conduct minor and major servicing on a suspension forks or rear shocks</li> </ul>	<ul style="list-style-type: none"> <li>Flush and bleed Shimano, SRAM, Magura, and Hope hydraulic brake systems</li> <li>Service and repair SRAM and Hope brake levers and callipers</li> <li>Service, minor and major, Fox and RockShox forks and rear shocks</li> <li>Conduct spoke length calculations for rim and frame offset wheels</li> <li>Conduct spoke length calculation for asymmetrical rims</li> <li>Lace straight pull spoke wheels</li> <li>Install, setup, and conduct fault finding on Shimano and SRAM electronic gears</li> </ul>
	Suspension	<ul style="list-style-type: none"> <li>Technology</li> <li>Suspension fork servicing</li> <li>Rear shock servicing</li> <li>Pivot servicing</li> </ul>	<ul style="list-style-type: none"> <li>Those wanting to understand the fundamentals of hydraulic brakes, and conduct the flushing and bleeding, and servicing and replacement of parts of levers and callipers</li> <li>Those wanting to build advanced wheels</li> <li>Those wanting to identify faults on, and setup and install electronic gears</li> </ul>	
	Advanced wheel building	<ul style="list-style-type: none"> <li>Offset rim &amp; frame wheels</li> <li>Asymmetrical rims</li> <li>Straight pull spoke wheels</li> </ul>		
	Electronic groupsets	<ul style="list-style-type: none"> <li>Technology</li> <li>Installation &amp; setup</li> </ul>		

### Course Alignment, Entry Requirements, Duration, and Fee

Cytech Alignment	Entry Requirement	Duration	Course Fee
Cytech technical three	Junior Technician Programme	6	R18,700

\*All pricing is effective from 1 January 2026

### Savings Packages & Discounts

In summary if the learner were to pay for each course individually, they would cost as follows:

Course Name	Cost
Cytech technical one theory	R2,450
Cytech technical one practical	R4,600
Cytech technical two	R19,600
Cytech technical three	R18,700

However, we want to make it affordable for you to skill yourself and pursue your dream career as a bicycle technician. For this reason, we offer the following savings packages which exclude Cytech technical one theory online:

Gold Savings Package	Silver Savings Packages
Pay up front for Cytech technical one practical, Cytech technical two, & Cytech technical three and save 15% on the total course fees	Pay up front for Cytech technical one practical, & Cytech technical two and save 10% on the total course fees
Pricing: <ul style="list-style-type: none"> <li>Normal Price – R42,900</li> <li>Savings Price – R36,465</li> <li>Total Saving – R6,435</li> </ul>	Pricing: <ul style="list-style-type: none"> <li>Normal Price – R24,200</li> <li>Savings Price – R21,780</li> <li>Total Saving – R2,420</li> </ul>
T&Cs <ul style="list-style-type: none"> <li>Up front and full payment</li> <li>All courses attended within 6 months of payment.</li> </ul>	T&Cs <ul style="list-style-type: none"> <li>Up front and full payment</li> <li>All courses attended within 6 months of payment.</li> </ul>
Instructions: <ul style="list-style-type: none"> <li>Book for the following courses:               <ul style="list-style-type: none"> <li>Cytech technical one practical,</li> <li>Cytech technical two (full course), and</li> <li>Cytech technical three (full course)</li> </ul> </li> <li>Make the EFT payment against received quote which will work in the Gold Savings Package</li> <li>Register and pay via credit card for Cytech technical one theory using received link and discount code.</li> </ul>	Instructions: <ul style="list-style-type: none"> <li>Book for the following courses:               <ul style="list-style-type: none"> <li>Cytech technical one practical, and</li> <li>Cytech technical two (full course)</li> </ul> </li> <li>Make the EFT payment against received quote which will work in the Silver Savings Package</li> <li>Register and pay via credit card for Cytech technical one theory using received link and discount code.</li> </ul>

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\*\*All pricing excludes Cytech technical one online theory

## Entry Requirements

We have no strict academic entry requirements, but learners should be older than 16 years (no maximum age), have a good command of English, ability to measure in millimetres, a basic mechanic aptitude, and a willingness to learn.

## Course Schedule

We run a set of these programmes every month for six learners at a time. The learner can choose to complete them consecutively in one calendar month or staggered over a period of their determination.

Classes run from 08h00 to 16h00 on weekdays at our site in Lynwood Manor, Pretoria.

To see the course schedule and/or make a booking go to [www.torqzoneacademy.com](http://www.torqzoneacademy.com) .

## Certification

A Cytech technical certificate is issued on successful completion, at the end of each course by Cytech in the United Kingdom.

## Contact Information

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