

# JUMPING

TIPS BY THE OLYMPIC RIDER  
GEN. GAMAL HARES

In our delicately competitive sport of show jumping, one could adopt various techniques to achieve success, in other words to win. As there always has been a contravorsery between winning with a very stylish technique Vs. winning with a very poor one. We created this page in order to help the riders achieve success more efficiently and elegantly at the same time.

According to Winston Churchill, "Hoping and praying for victory is fine, but deserving victory is what really matters."

For those experienced riders with us today, we thank them for using their pictures and we will be seeing more of them in the future.

## Mohamed Boraie :

The Take off is correct and so consequently the horse looks quite round on top of the fence. Yet, the rider has to lower his hands so that his elbows, wrist and hands and reins form a straight line.

## Gamal Amer :

Although the horse is still in the take off position and hasn't begun landing yet, he needs to be more round. The rider's elbows should be placed more closely to his body in order to allow the horse to extend his head and neck through the bit more downwards.

## Hadi Gabr :

The horse is round, yet the rider's hips are a little bit too high in the saddle. The rider should place his hands more forward to allow a better extension of the horse's neck instead of the goose neck position.

## Sameh Hattab :

The hands of the rider are a little high as they do not form the striaght imaginary line between the horse's mouth, reins and hands. Yet this is indirectly due to the fact that the upper body of the rider should have been a little less inclined as such.

## Karim Zohair :

The rider is standing fully on the stirrups too

BORAIE



GAMAL



HADI



HATTAB



ZOHAIR

