



TRAINING TIPS

HAPPY HORSE, HAPPY COURSE!

By Khaled Assem

TRAINING COMES WITH THE UNDERSTANDING OF THE HORSE. EVERYTHING YOU DO AFFECTS YOUR HORSE, AND THOUGH WE DISCUSS CONCEPTS INDEPENDENTLY TO AMPLIFY PERCEPTION AND UNDERSTANDING, YET EVERYTHING IS INTERRELATED.

In this article we will discuss developing some of the constants that greatly help to develop the performance of the horse.

CALMNESS

A calm environment is the basis of a secure beneficial training, regularity in training and adequate feeding. Sometimes lunging is useful due to its repetitive nature. Also turning out, frequent rest periods. The rider has to have a general understanding of how his horse feels because that affects his receptiveness to training.

ACCEPTANCE

Acceptance starts from the ground, how you handle your horse in the stable, leading him and lunging him. Mutual respect leads to good communication and understanding. Horses quite often take after their riders in how they handle various situations, so a calm confident rider will deliver the same qualities to his

horse who will respond in a similar manner. The engagement between the rider and the horse in the simple things of asking the horse to change direction in a kind way creates acceptance.

FORWARDNESS

Bertalan de Némethy, one of the four fathers of contemporary riding, was asked about the most difficult thing to achieve, he answered: "Moving a horse forward willingly into a straight line balanced on his four feet." This statement shows that as simple as how forwardness and straightness might sound, achieving them is a long term goal that will require knowledge of various training techniques, continuity and acceptance that time is an element that is crucial in the success of this task.

STRAIGHTNESS

The rider has to realise that straightness is achieved primarily

by developing both sides of your horse, i.e., his muscles, controlling his forehand while keeping his hind quarters underneath. The more engaged your horse is, the more he can move forward, straight and balanced.

To succeed in developing your constants, you need to have a training programme that is comprehensive and versatile as having a plan generally guides the rider into a channel of focusing and higher achievement. 🐾

About the author:

Eng. Khaled Assem is a certified Level 3 FEI trainer. He has been training for over 20 years, competing internationally for 10 years and locally for 25 years.
