

TRAINING TIPS

THE INNER PERSPECTIVE OF THE JUMP

By Khaled Assem

THERE IS A CONTINUOUS BOND BETWEEN THE RIDER AND HIS HORSE. THIS BOND IS BASED ON MUTUAL UNDERSTANDING, COMMON TRAINING AND ACCEPTANCE.

The goal is to help the horse to maintain a calm attitude while moving forward utilizing well his body and muscles while staying attentive to the riders' aids.

The mode of communication

between the horse and rider is a special language based on the aids of the rider and the memory of the horse. This language and those aids will never take solid hold unless they are received with acceptance and trust from the

horse. So the aids are an effective ingredient and acceptance is another effective ingredient.

During the course, the horse must show total obedience, actually a better term is acceptance, as tension will not allow the horse to show his full potential whether before, over or after the jump. A rider must ensure his own acceptance, confidence and calmness to be able to communicate these through to his horse.

Another essential ingredient to the success of the jump is the willingness of the horse. Willingness to respond to the aids of the rider to allow for

smooth turns allowing the rider to gallop calmly to a big fence and to feel and manage his take off point while the horse responds willingly.

Most importantly, the horse has to accept moving forward in a straight manner to harness his full power using both of his legs together on take-off while staying straight all through.

On a further note, there is another important element to the jump that we must consider; a rider with his own centre of gravity plus that of the horse, both combined in continuous motion. The horse and rider act as a projectile over the fence subject to the forces of

gravity as well.

As a unit, the centre of gravity of the horse and rider must stay in vertical alignment otherwise the equilibrium will be adversely affected.

These are some deeper considerations and variables that affect the general performance and purity of a successful jump.

All photos by Cymon Taylor

*About the author:
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