



TOP TIPS

THE PERFECT JUMP

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IS THERE SUCH A THING AS A PERFECT JUMP?

IT'S RATHER MORE ABOUT ACHIEVING A
PERFECT BALANCE AND AN IDEAL POSITION.

THE ILLUSTRATIONS BELOW SHOW THE
CORRELATIONS BETWEEN THE FIVE STAGES OF
THE JUMP FOR THE HORSE AND THE VARIOUS
ADAPTATIONS OF THE RIDER TO COPE AND
PERFECT THE JUMP ALONG WITH HIS HORSE.



1. APPROACH: where the rider has to have his weight all through his legs/on his heels when looking at the fence.

2. TAKE-OFF: while the weight is still on the heels, the rider should open his knee and hip joint.

For the ascent, the rider must let the horse rotate around the knee.

3. SUSPENSION: the rider has to keep his body over the centre of gravity of the horse with his spine aligned with that of the horse. With his knees and hips closed.

4. LANDING: the rider should keep his knees open along with his hip joint in order to stay subtle for the next stage.

5. GET AWAY: the rider should start to readjust his balance bringing back his upper body to an upright position while looking at his next fence. 🐾