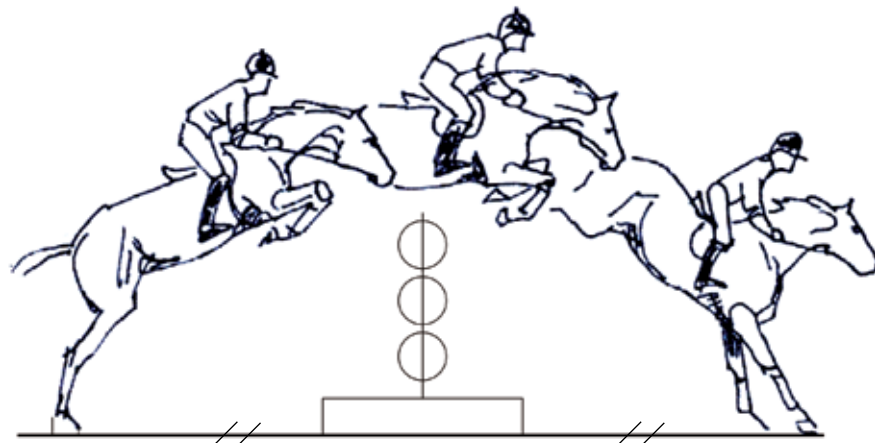


# UNDERSTANDING DISTANCES IN BRIEF

By Khaled Assem

TO KEEP THAT HARMONY IN COMPETITION, A RIDER MUST UNDERSTAND SOME BASIC FACTS IN ORDER TO BETTER ANALYSE "THE JUMP", AND ACCORDINGLY THE RELATION BETWEEN ONE JUMP AND ANOTHER.

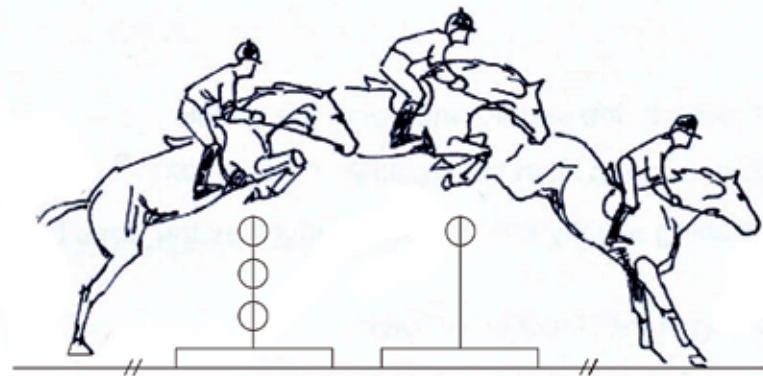


Vertical

As they say, at any competitive level, the class is won in between fences because rythem, turns and the correct take-off point are the main elements of success.

## VERTICAL:

The take-off point is further from a vertical than an oxer with the highest point of the trajectory in the middle of the fence.



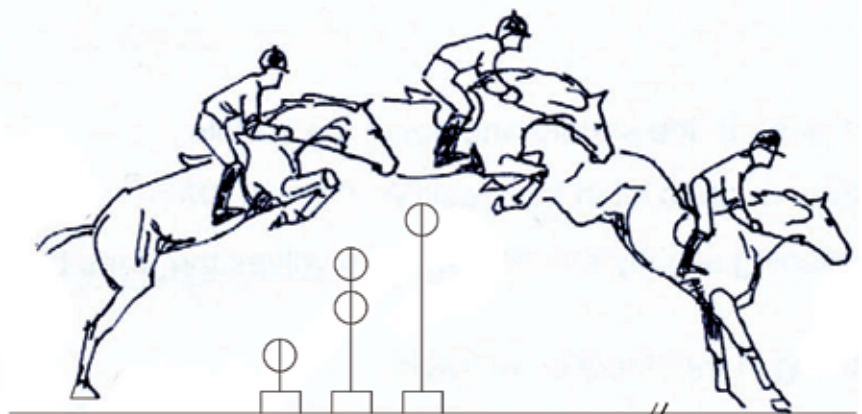
Oxer

## OXER:

The take-off point is closer to an oxer as the trajectory has to cover a particular width and still the highest point of the trajectory in the middle of the fence.

## TRIPLE BAR:

The take-off point is closest to a triple bar as the highest point of the trajectory would be above the last and highest element of the triple bar.



Triple Bar

With this understanding in mind, you will realise that if we look at the vertical and the oxer in the

pictures on the right, you can see that the take-off point is closer to the oxer than that to the vertical.

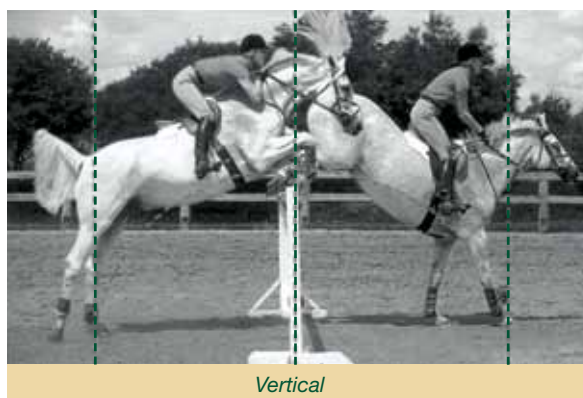
The distance between the take-off point before the fence would be equivalent to that of the landing.

The landing point is the furthest from the triple bar which has the closest take-off point.

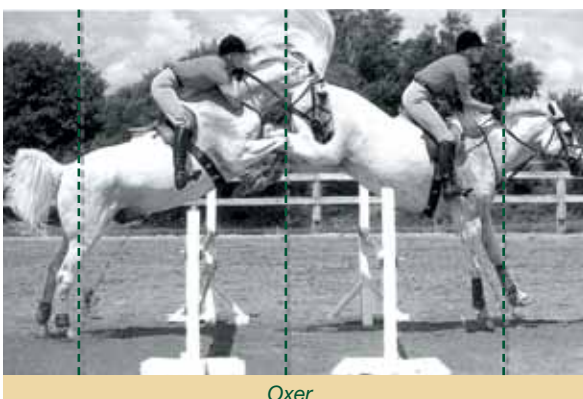
It does seem useful to train your horse to cope with a closer take off-point to increase the angle of ascent than normal, yet taking-off closer and slower in competition will also increase the angle of descent, in turn increasing the distance of landing after the fence and affecting the related distance to the next related fence by shortening it.

It is significantly useful to ride verticals positively and keep consistent at the canter. 🐾

*Compare the distance between fence to fence in the charts below to realise how it is affected by the type of the fence.*



Vertical



Oxer



Triple Bar

FIRST FENCE	SECOND FENCE	DISTANCE
Vertical	Vertical	7.9 m
Vertical	Oxer	7.6 m
Vertical	Ascending	7.45 m
Oxer	Vertical	7.75 m
Oxer	Oxer	7.45 m
Oxer	Ascending Oxer	7.3 m
Ascending Oxer	Vertical	7.9 m
Ascending Oxer	Ascending Oxer	7.45 m
Triple Bar	Vertical	8.05 m
Triple Bar	Oxer	7.75 m
Triple Bar	Ascending Oxer	7.6 m

No. of strides	Trot to cross pole to a distance (straight) meters.	Trot to cross pole to a distance (bending) meters.	Canter pole to a distance (straight) meters.	Canter pole to a distance (bending) meters.	Fence to fence distance (straight) meters	Fence to fence distance (bending) meters.
1	5.5 - 6.16 M	5.5 - 6.16 M	6.66 M	5.66 - 6.66 M	7.30 M	6.30 - 7.30 M
2	9.82 M	8.82 M	10.32 M	9.32 M	10.98 M	9.98 M
3	13.48 M	12.48 M	13.98 M	12.98 M	14.64 M	13.64 M
4	17.14 M	16.14 M	17.64 M	16.64 M	18.30 M	17.30 M
5	20.80 M	19.8 M	21.30 M	20.30 M	21.96 M	20.96 M
6	24.46 M	23.46 M	24.96 M	23.96 M	25.62 M	24.62 M
7	28.12 M	27.12 M	28.62 M	27.62 M	29.28 M	28.28 M
8	31.78 M	30.78 M	32.28 M	31.28 M	32.94 M	31.94 M
9	35.44 M	34.44 M	35.94 M	34.94 M	36.60 M	35.60 M
10	39.10 M	38.10 M	39.6 M	38.6 M	40.26 M	39.26 M
11	42.76 M	41.76 M	43.76 M	42.26 M	43.92 M	42.92 M