

SHOW JUMPING



Scott Brash No.1 Show Jumper

BY: ABD-ELRAHMAN MOHAMED

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Introduction

Calmness, beauty, harmony, friendship, courage and patience those are some of the traits you can find when you meet Equestrians. Those of us who choose HORSES ahead of football, tennis, golf or any other sport as our favorite are the lucky ones. Where we find in these sports that include horses (Equestrianism) cheerfulness, delight, and joy. Some people might say that other athletes in other sports can share the same outcome of happiness as we do. I respond and say that Equestrians sit at 1.5 meters above the ground, on top of a 544 kg creature (the horse) with a mind, body and soul of its own. That creature is capable of killing them with its own body, but they choose to trust it. Equestrians also find a friend and a partner in that powerful creature. They learn together how to trust, listen, understand and forgive each other. To sum up all we Equestrians risk our lives and we find happiness in all of this.

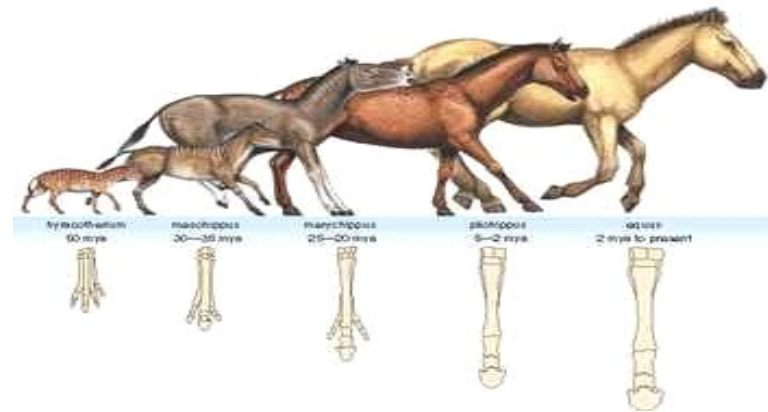
Whether you have ridden once, or you an equestrian, or you are just a horse lover, or just interested in reading, you have come to the right booklet.

This booklet guides its users on a lot of things, some of them are.

- What is a horse?
- What is show jumping?
- What are the equestrian sports?
- What are the best breeds for show jumping?
- How to train a horse to jump?
- what should the attitude of a horse be?
- What physical aspects should a show jumping horse have?
- A training plan on how to train a horse for jumping.

A Glamorous Creature

Horses are extraordinary mammals with well-developed senses. They are strong, intelligent, powerful, and social animals that live together in herds. It has taken nearly 60 million years for the horse to evolve from its earliest form *Hyrocotherium* or *Eohippus*, to *Equus Caballus* the modern horse that we know nowadays.



Horses did not only develop in size but they mainly developed in their toes. As the horses' environment changed their toes also changed, to become from a four-toed horse to a three-toed horse to a single and strong center toe that is in the modern horse nowadays.

Horses have around 205 bones. Like all mammals they have a backbone and seven neck vertebrae.



Horses are Herbivores (plant eaters), they graze plants about 20 hours a day

and their teeth is therefore

walk     made for cutting and grinding plants.

trot    

canter    

gallop     Horses have four gaits (strides/movements) which are: walk,

trot, canter and gallop. Walk is the slowest gait and has four beats. Trot is a two beat gait, canter is a three beat gait and gallop the fastest movement is a four beat gait. A galloping horse can normally reach the speed of 50kph (kilometers per hour)

Horse facts

- **The worlds smallest horse is 43cm**
- **You can know the horse`s age from its teeth**
- **The fastest a horse has galloped according to the Guinness world records was 70.76 km/h**
- **The oldest horse to ever live was 62 years**
- **Ponies live longer than horses**
- **Horses have bigger eyes than any other mammal that lives on land**
- **Horses can run shortly after birth**

Equestrianism

There are a lot of horse related sports, but there are some of them which include riders they are called Equestrian sports. Equestrian sports are divided into sections some are related to the F.E.I (Federation Equestre Internationale (English: International Federation for Equestrian sport)). These sports are: Show jumping, Dressage, Eventing, Driving, Endurance, Vaulting and Reining. There are also other equestrian sports that are not in the F.E.I. which are: rodeo, polo, racing, barrel racing and western riding.



There are two types of riding styles Western riding and English riding.



English riding style



Western riding style

Western riding is a horseback riding style that was developed by cowboys. It was developed because cowboys needed a comfortable mean for spending a lot of time on the saddle, and to meet their working needs. The style mainly works on weight, and very light rein contact, that is why the reins are long in the Western riding. The horse is mainly controlled by the rider`s weight and his leg that pushes the horse forward. Western riding uses long reins and the rider controls the horse with one hand. Also all horses can be trained to respond to western riding, but the most famous horse that is trained for western riding is the American quarter horse breed.

The Western Saddle is completely different than the English saddle.



Wester saddle



English saddle

English Riding Style is the form of riding that we see around the world, every rider rides with that style (except, cowboys and Mongolians). The English riding style is seen in the F.E.I disciplines. Within the English riding style there are many different styles, but they all require the rider to use both his hands on the reins (the opposite of the Western). The English riding style is not limited to English speaking countries, but it is used in a lot of countries and international events.

Show jumping

What is show jumping? It is a type of sport that includes both the horse and the rider. The rider jumps with the horse a course of fences and other obstacles in an indoor or outdoor arena. It has penalty

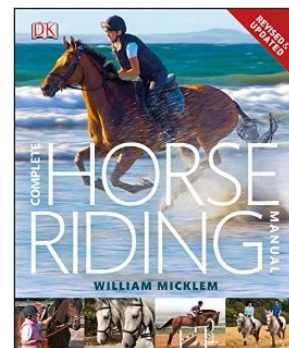


points for errors.

Show jump-

ing is both science and art . The science lies in understanding centers of gravity and angles of elevation and depression, and the ability to predict and judge stride lengths and take-off points. The art is in the style and posture of the rider and the talent the rider brings to the challenge of the course of fences. Also the developing bond and partnership between the horse and the rider.

In William Micklem`s book Complete Horse Riding Manual “This is a real feeling of flight when riding, and never more so when show jumping. To a spectator, a course of fences may appear simple, but to a rider, it is a mind game that is won not by strength, but by knowledge” (Micklem W. (2012) p.185).



Classes are held over a course of obstacles, including verticals, ocsars, triple bar (types of fences), a water jump, a small hill and combinations with many turns and changes of direction. There are also faults which are errors done by the horse and rider that makes both of them loose points. They are:

Fall of the horse, the rider, or both: elimination

Touches: If a horse touched a fence without knocking it down, zero faults

Pole down with front hooves: 4 faults

Pole down with back hooves: 4 faults



Two refusals from the horse: elimination

That does not mean that show jumping is hard it is just that sometimes horses are like what Nick Skelton (international show jumper) said “getting eliminated is a big disappointment, these things happen, horses are unpredictable” (Nick Skelton's Showjumping Tips video)

That feeling will go away with the cheering of the crowd for you as Scott brash stated: “ There`s a certain feeling and energy you get when you know that the crowd around you are literally cheering for you, it is pretty special” (world 1 show jumper)

There are levels in show jumping that differ from country to another, in Egypt for example it is:

Level	Height
A1	135cm-155cm
A2	135cm-155cm
B	130cm-135cm
C	120cm-125cm
D	110cm-115cm
E	105cm
F	100cm
G	90cm-100cm

There are also other higher levels such as:

Grand Prix: It is the highest level of show jumping with a lot of technical difficulties and over 12 fences a course, with water jumps and triple bars. It runs under the F.E.I.. There are lots of events that harness Grand Prix's such as: the Longines Global Champions Tour (LGCT), Rolex Grand Slam, the Olympics, Altech F.E.I World Equestrian Games, Longines Masters, F.E.I European Championships Aachen, F.E.I Nations Cup and the F.E.I World Cup.

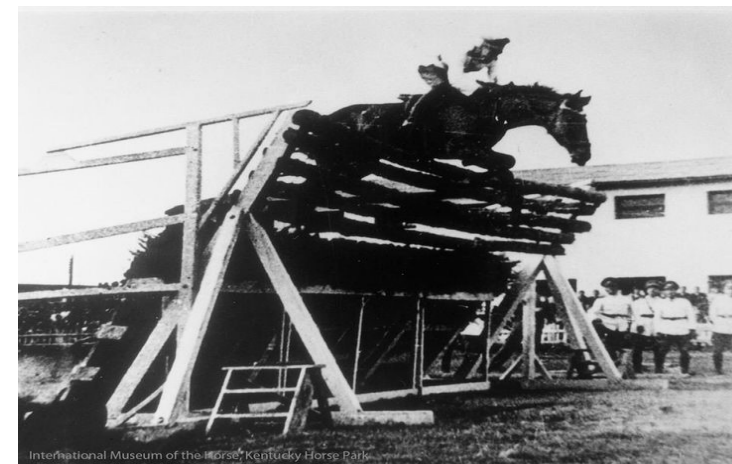
Puissance: it is a high-jump competition in which the final wall may reach over 2 meters high. It has a maximum of five rounds, The first round consists of four to six large single obstacles including the puissance wall. It first starts with a height of 1.70 meters to 1.80 meters. The puissance wall is the last wall of the jumps and the largest from the perspective of the height, it has often become taller than 2 meters high. The current world record for the puissance is held by the German rider Franke Sloothaak, who in June 1991 jumped a 2.40 meters wall.



Franke Sloothaak

World Record

In Chile on the 5th of February 1949 Captain Alberto Larraguibel broke the record of the highest horse jump to clear a fence standing 2.47 meters high, on his thoroughbred horse Huaso. It still stands till now as the worlds highest horse jump. To break that record the person must clear a fence of 2.49 meters high.



International Museum of the Horse, Kentucky Horse Park

Show Jumping Horse Breeds

There are between 250 and 350 different kinds of horse breeds around the world. From the Fascinating Arab to the incredibly fast Thoroughbred to the magnificent Akhal-Teke.

Horse breeds are categorized into four main different types: hot-bloods, warmbloods, coldbloods and ponies.

Hotbloods are highly prized with their stamina and speed, examples are the Thoroughbred and the Arabian horse. They perform excellent at racing and endurance competitions.

Warmbloods are calmer creatures than hotbloods, they also have a heavier build than hotbloods. They are bred for their balance in strides and their balanced pace, examples are the Dutch Warmblood and the Belgian Warmblood. They perform excellent at show jumping and dressage competitions.

Coldbloods are heavier types of horses such as the Irish Drafts. They are also less common nowadays. They are commonly used for heavy work in farms.



The Akhal-Teke

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The Arabian Horse

There are some horses that are specifically bred for show jumping. That is a list of some horse breeds that compete in show jumping competitions and are bred specifically for jumping:

- ◆ Dutch Warmblood (Bwp) or (SBS) or (KWPN)
- ◆ Belgian Warmblood (Kwph) or (DWB)
- ◆ Hanoverian (HANN)
- ◆ Holsteiner (Holst)
- ◆ Oldenburg
- ◆ Selle Français (SF)
- ◆ Swedish Warmblood
- ◆ Westphalian
- ◆ Thoroughbred
- ◆ Quarter horse
- ◆ Arabian
- ◆ Trakehner
- ◆ Appaloosa
- ◆ Spotted Saddle horse (SSH)



The Dutch Warmblood



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Hall of Fame

Also the top horses in the world are from the previous breeds:

Rider	Horse	Breed
Scott Brash	Hello Sanctos	Belgian Warm-blood
John Whitaker	Milton	Dutch Warm-blood
Eric Lamaze	Hickstead	Dutch Warm-blood
Nick Skelton	Big Star	Dutch Warm-blood
Alberto Larraguibel	Huaso	Thoroughbred
Nick Skelton	Carlo	Holsteiner
Scott Brash	Hello M'Lady	Belgian Warm-blood
Janika Sprunger	Palloubet D'Halong	Selle Français
Luciana Diniz	Fit For Fun	Hanoverian
Pierre Durand	Jappeloup	Selle Français
Bertram Allen	Romanov	Dutch Warm-blood

These are the best horses and riders ever known to the history of Show jumping and these were their horses' breeds.



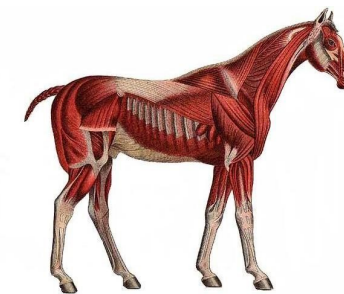
Buying a Show Jumping Horse

- 1) First of all you have to research before you buy the horse, that is the most important step in buying a horse.
- 2) Decide on your budget.
- 3) Decide where you will keep the horse.
- 4) Write down the characteristics that you want your horse to be.
- 5) Ask for a breeder or a horse man with a good reputation.
- 6) Think about the level you are jumping in, to choose the horse upon your level.
- 7) Write questions that you will ask to the owner.
- 8) Look and check what the horse did in previous competitions (if the horse has entered already).
- 9) Decide what breed you are going to buy.
- 10) Seek advice from a coach you trust.
- 11) Preferably to buy in private because it gives you more time to investigate the horse and assess the horse rather than a public auction.
- 12) Try to visit the horse a lot.
- 13) ALWAYS consider the pros and cons of the horse.
- 14) You ALWAYS have to take a vet with you, a vet you know and trust to assess the horse.
- 15) Give yourself time to THINK.
- 16) At last try to Negotiate with the owner if the price is high.

A Show Jumping Horse should have/be...

In terms of psychological characteristics: willing attitude, quite and calm mind, forgiving, willing to learn, intelligent, alert, careful, forgivable, strong hearted.

In terms of physical characteristics: a good jumping ability, harmony and balance in his gait, not too tall and too short (too tall would lead to a weak skeletal), "good conformation of the musculoskeletal system" (doctor Ahmed Abdel Fattah a horse doctor at the ECG equestrian club Gezira in Egypt), a good scope over fences and a balanced canter.



Teaching a horse to jump

- 1) Make the horse move next to fences so the horse can get comfortable with them.
- 2) You first have to make the horse jump without a rider by using a lunge rope to control the bareback horse.
- 3) Make the horse walk over two poles on the ground far from each other with two strides.
- 4) Do the same exercise but this time the horse increasing his speed to trot.
- 5) Then do the same exercise but cantering .
- 6) Start by putting trotting poles before a cross, then put a small cross (the poles will make the horse take off from the same place each time). If cantering put funnel poles before the cross to guide the horse to jump in the middle of the fence.
- 7) Do all the previous exercises but with a rider.
- 8) After you have mastered the previous exercises, start by putting up-rights/verticals instead of crosses.
- 9) Try to canter over a course of three ground poles.
- 10) Then try to canter over a related cross fences then turn another cross fence.
- 11) Time by time you increase the technical difficulty and include ocsars and higher verticals/uprights.

Note: training exercises may differ from one horse to another, but these are the main training exercises for the horse and rider. You cannot train yourself a professional trainer has to be present.



Interviewing: Arno Neessen

Who is Arno Neessen?

- ⇒ A Dutch trainer for horses and riders.
- ⇒ Travels the world to give riders clinics on riding and development.
- ⇒ Began riding ponies at the age of 8 and began competing at the age of 17 in the junior team for Netherlands at the European championships in Hickstead, England.
- ⇒ Competitor at the world Championships and at a number of Nations cup events for Netherlands.
- ⇒ Many victories at the Grand Pix level.
- ⇒ Now working as an independent worldwide trainer, meditation in the purchase and sale for horses. Advice in stable management and horsemanship, show jumping clinics (all levels), accompanying pupils at home and aboard

For more information visit: www.arno-neessen.nl

The interview:

What are the best breeds for jumping?

- There are a lot of breeds for jumping but the best are the Dutch Warmblood and the Belgian Warmblood.

According to what do professionals choose horses for jumping?

- Professionals choose horses for jumping according to their breed line, it has to be a good breed that is mixed for jumping. Also according to the movement of the horse. One of the most important things a jumping horse has to have is a balanced canter, because while the horse is approaching the fence the horse has to be moving

In a balanced canter. It is most important in high class jumping so it could be easier for both the horse and the rider to clear the fence easily. The back of the horse has to be strong and not stiff, it has to be flexible .

What are the characteristics found in some horses that make them better at jumping?

- There are some traits a jumping horse has to have to be the ultimate horse for jumping. The horse has to be careful by not knocking down fences and to be careful not to harm the rider. The horse has to be strong hearted by not becoming afraid of jumping a high fence. The horse has to have a good scope over the fences so that he does not have trouble clearing the fences. The scope gives the horse the ability to jump big and wide fences easily. The horse has to be forgiving because the rider sometimes does mistakes that is why the horse has to be forgiving to forgive these mistakes. Some other traits depend on the level of the horse.

What are some examples of training exercises that teaches the horse how to jump?

- Gymnastics, walking, trotting and cantering over poles and also using cavelety crosses which would teach the horse how to jump. Most importantly Dressage.



Memorable Moments



In 1978 Nick Skelton riding Lastic broke the British Show Jumping High Jump record and they jumped a fence that was 2.32 meters high.



In 2012 at the show jumping Olympics in London the Great Britain team won the team finals and won the gold medal. The team consisted of Nick Skelton, Scott Brash, Ben Maher and Peter Charles.



On August 9, 2015 the Egyptian rider Sameh El Dahan (world ranking 181) riding Seapatrick Cruise Cavalier won the Land Rover Puissance at the Dublin Horse Show Jumping and jumped the Puissance wall that was 2.20 meters high.



On November 15, 2015 Luciana Diniz was crowned the Longines Global Champions Tour (LGCT) Champion. Where she completed her legacy by winning the final round in Doha riding Fit For Fun. Before that there was intense between Scott Brash and Luciana Diniz on who will win that title.

About The Author...

Abdel Rahman Mohamed Moslem (2000-) born on 9, October 2000 in Cairo, Egypt. When he was young he studied in the Nursery "GPIS" also known as (Greenland International School Nursery) or in French (Ecole Internationale Du Pre Vert) it runs by the IB School system. He then moved to the school itself of "GPIS". He was interested in horses from a young age. He started riding horses at the age of 7 years at the ECG (Equestrian Club Gezira). He entered his first show jumping competition at the age of 14 years. At that particular time he was in MYP4 which stands for (Middle Years Program 4). When he entered MYP5 the year after, the students had to do a mandatory Project called "Personal Project" where they basically had to come up with a project about a personal interest. From this project they had to create a product/outcome.

This booklet you are reading my dear readers is his product for the personal project. I hope you enjoy reading it.

"Everyone has his own Interest, you just have to dig deep to find it, it is what you are Passionate about." A.M



Show jumping at Platinum club



With my sister and my horse



With Arno Neessen and my trainer Khaled Assem



With my trainer Mahmoud



Show jumping competition

My Team





BY: ABDELRAHMAN MOHAMED