

TRAINING TIPS

MOVING WITHIN YOUR HORSE'S PACE

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IT IS ONLY POSSIBLE TO MOVE IN HARMONY WITH YOUR HORSE IF YOU KEEP A CONSISTENT BALANCE IN THE SADDLE. THIS PHYSICAL UNITY IS ESSENTIAL FOR ALLOWING AND ENCOURAGING THE HORSE'S NATURAL MOVEMENT. IF YOU DON'T FIND THIS HARMONY THEN THE COMMUNICATION

WITH THE HORSE IS COMPROMISED AND YOU WILL FEEL THE RIDE MORE BUMPY AND CONSEQUENTLY MORE ANNOYING FOR THE HORSE.



DURING WALK

In a straight line, your seat will swing forward and backward twice every stride. Let your seat move and follow the horse's motion. At the same time, encourage the horse to nod his head forward and backward in time with each hind leg. Let your arms follow this movement by opening and closing your shoulders and elbow joints. If your arms are static, you will restrict this motion. The concept of letting your horse relax and move long and low with his neck is very useful for the walk to follow.



DURING TROT

During the rising trot, one needs to remember that as he sits and rises, his weight should be divided on both his ankles and not over his seat. Riders should always include the posture of the light seat as well as the deep seat in the sitting trot, as this variety creates better acceptance from the horse and accordingly more balance.



DURING CANTER

If the rider's seat accommodates the horse's motion, the canter will improve. So, as the horse's legs enter the period of suspension—the movement where all four feet are off the ground—let your seat swing upwards and forwards, then move back again as the horse's feet touch the ground. Let your seat move under your shoulders so that your whole body does not swing, just your seat. At this time, the horse's head and neck will lengthen slightly in each period of suspension, so let your hands go with this movement as well. 🐾