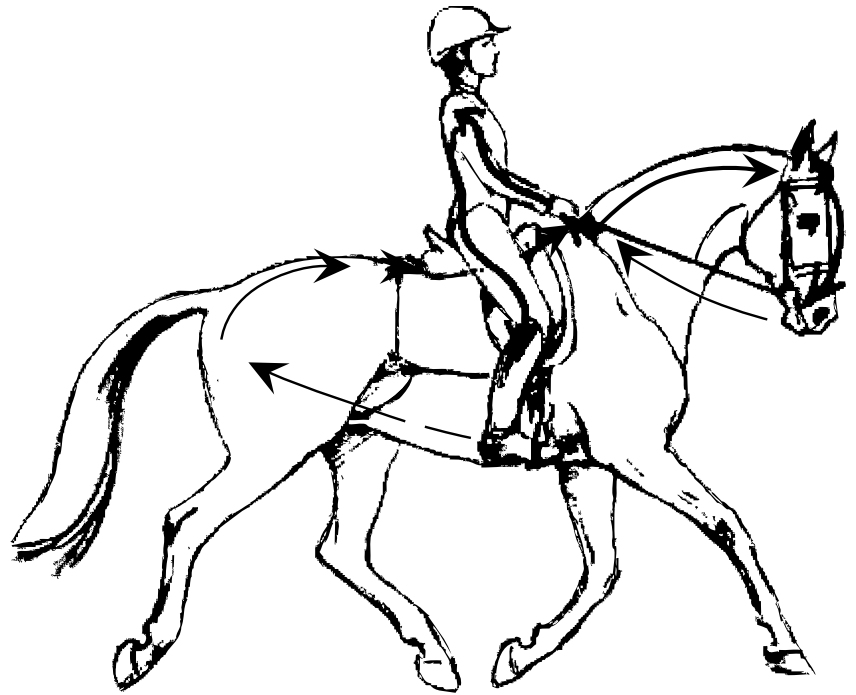


TRAINING TIPS

FLATWORK FOR JUMPING

By Khaled Assem

TO GO OVER A JUMP SUCCESSFULLY THERE ARE SEVERAL PRINCIPAL ELEMENTS THAT NEED TO WORK IN CLOSE RELATIONSHIP: DIRECTION, SPEED, IMPULSION AND TIMING. OUT OF ALL THESE ELEMENTS WHICH COULD BE CONSIDERED AS CONSTANTS, IMPULSION IS THE ONLY VARIABLE THAT IS DEPENDENT ON THE HORSE'S LEVEL OF TRAINING. YET IN GENERAL, THESE ELEMENTS WHEN WORKED IN HARMONY PROVIDE A SOLID FOUNDATION FOR SUCCESSFUL JUMPING.



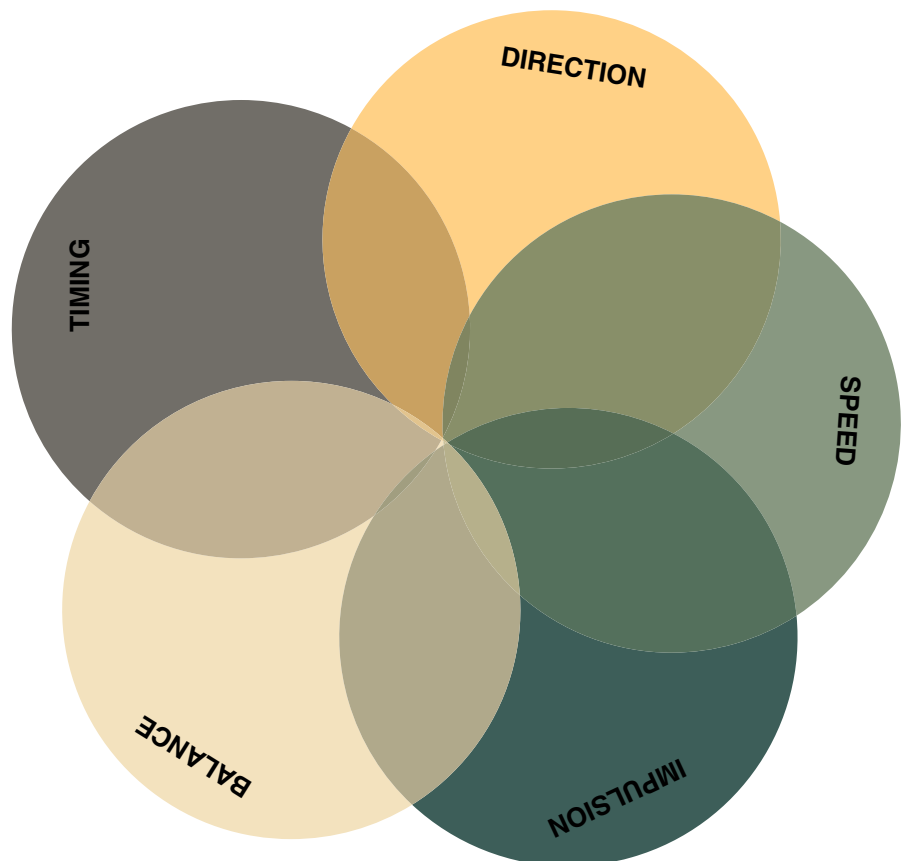
SPEED & DIRECTION:

One of the priorities in any show jumping round is to have the right speed and direction which naturally relate to the routing of the course where controlling the turns through the horse's head and neck is guided by the position of the forehand. Riders will find it easier to control the direction if they look ahead to where they want to go; their upper body will follow and, accordingly, their seat will enable an accurate application of the aids.

Speed is executed through the upward and downward transition within the pace and this is achieved by the rider's aids keeping the impulsion level in perspective at all times.

BALANCE & TRAINING:

Horses, such as race horses and novice horses, tend to be balanced



on the forehand. Through correct training this balance is shifted so that the hindquarters are lowered and the forehand is raised. This disposition achieves the right balance in order to maintain impulsion at the required speed, even though the horse's natural way of regaining balance is to slow down.

IMPULSION:

Impulsion refers to the power that originates from the hind-legs to support the horse and propel him forward, so that he is working as one coordinated unit.

Impulsion is maintained through working the horse from his hindquarters to his front end in order to utilise his full power at all times similar to a car with a rear-wheel drive and front-wheel steering.

Controlled impulsion is the key element of successful performance. The harmony between impulsion and speed generates correct rhythm and good tempo.

HARMONY:

In conclusion, when jumping a full course, once the rider has fully understood the elements of speed, direction, balance and impulsion, the rider has to allow his instinct to



Rotation & turns

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take over. So, continuous practice and refinement of timing is crucial to allow those elements to blend and harmonise at a specific moment to produce successful jumping.

About the author:
Khaled Assem is a certified Level 2 FEI trainer. He has been training for 15 years, competing internationally for 10 years and locally for 25 years.



Flatwork to create better Impulsion

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