




# Headlines

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BADMINTON HORSE TRIALS TITLE**

 **RIDING EXERCISES FOR BEGINNERS  
FOR BETTER STRENGTH AND  
BALANCE IN THE SADDLE**





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# LUCIANA AND WINNINGMOOD WIN AN LGCT TITLE IN MADRID



Luciana Diniz claimed her first Longines Global Champions Tour Grand Prix win. Philippe Rozier got second place, and Manuel Fernandez Saro thrilled the home crowd with his third place on the podium. 🏆

*All photos by Stefano Grasso.*





# WATHELET'S BIG WIN ON OH D'EOLE IN SHANGHAI

It was a great win for Belgium's Gregory Wathelet after pulling off a spectacular time on Oh d'Eole, the black mare who won the same competition last year with Kevin Staut. Pius Schwizer was placed second, riding Dundee v. Dverse Hagen; and Marco Kutscher finished third on Cornet's Cristallo. 🏆

WILLIAM FOX-PITT  
WINS SECOND  
BADMINTON  
HORSE TRIALS  
TITLE





The 46-year-old, who won the title in 2004, finished ahead of Germany's Ingrid Klimke, and New Zealand's Jonathan Paget was third. Fox-Pitt is the first British Badminton winner since Oliver Townend in 2009. <sup>TM</sup>

# RIDING EXERCISES FOR BEGINNERS FOR BETTER STRENGTH AND BALANCE IN THE SADDLE

STRENGTH AND BALANCE WORK TOGETHER TO HELP YOU RELAX AND COMMUNICATE WITH YOUR HORSE SO YOU CAN HAVE THE BEST RIDE POSSIBLE.


## NO HANDS

This exercise makes you ride down through your leg and find your balance and centre of gravity over the horse's centre of gravity. At the same time, you learn to be independent of your hands for balance.

## NO STIRRUPS

When you ride without stirrups, you are forced to stay more cantered on the horse. So your overall balance and "feel" improve. If you don't push yourself to ride without stirrups, you might not get better.

## DOWN, UP, UP

Improve balance and feel of your horse while developing a secure leg. You post down, and then stay up in the air for two beats. This exercise sounds very simple, but you have to have a secure leg to hold yourself in the air for that second beat before you come down again. 



# THINK CREATE INNOVATE



## DESIGN SOLUTIONS AND CONCEPTS

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