



## Our next exercise

This exercise is designed to help you ride on a good flowing turns and related distance.

The better you know the pattern following the numbers and arrows the more you learn in the lesson! This is the base exercise, we will hopefully be able to do some more variations.

## Five phases of jumping

- Approach-Good speed and direction.
- Take off-As the horse leaves the ground you give with your hands.
- Airtime-Over the fence you keep giving your hand.
- Landing-As you land you keep allowing with your hand and sit up.
- Departure-Your departure is the approach to the next fence.

## Cross Country Flags



- Riding cross country course the flags tell you where to go, you have to ride through the flags.
- Red is always on the right.
- White is always in the left.