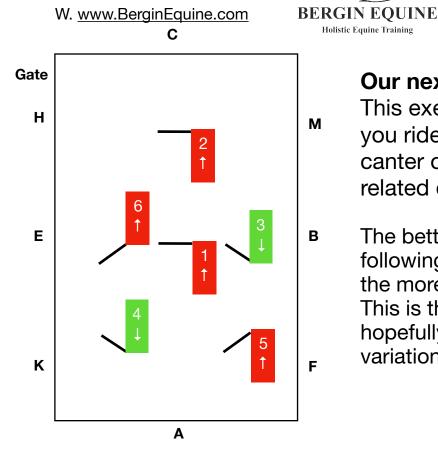
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Key to good jumping position

- 1. Heels down Supporting the whole body.
- Knees soft and bending To allow the absorption of movement over fences.
- Belly button looking ahead -To balance the rider's upper body.

Our next exercise

This exercise is designed to help you ride on a good flowing canter on bending lines and related distances.

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.

Scale of Training

- 1. Rhythm Regularity in the horses steps and through the body.
- 2. Suppleness Elasticity of mind and body.
- 3. Contact Connection between the reins, seat and hand.
- 4. Impulsion Available energy.
- 5. Straightness Hind legs follow the front legs.
- 6. Collection Carrying more weight on the back legs.