



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.

Key to good jumping position

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

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.