

AN INTRODUCTION TO JUMPING

Jumping on horseback is a wonderfully liberating experience, and most riders and horses enjoy it. It is important, however, that you are introduced to jumping carefully and progressively, and only once you have already achieved a good riding test.

RIDING UP AND DOWN HILLS

The key to successful jumping is maintaining the right balance throughout the ascent and descent. This is not only for your own safety, but it is also so that you do not interfere with your horse's natural movement. Begin your jumping training by practicing riding up and down a gentle slope. The beauty of this method is that it mirrors the ascent and descent of a jump, too, because you are, in effect, giving your sufficient time to practice adjusting and achieving the right balance.

For riding test and for jumping, your weight needs to be kept through your legs. This means that the lower leg should remain vertical, with the knee in line with the ball of the foot. If you do this, it should be possible to maintain your

balance. Start by walking up and down a slight hill, to get accustomed to the movement of the horse and the necessary change in your position. Soon you will progress to jumping up and down little banks, and jumping over small fences.

Balance during both the ascent and the descent of the hill, even if your legs are not in contact with the horse's sides. Do not make the mistake of using moving forward pressure with your legs in an attempt to stay balanced. If you try to grip the horse's sides as he moves up the hill, then your lower leg will no longer be vertical but will stay at a right angle to

RIDING UPHILL
As you learn how to keep your balance going up and downhill, it may take quite a physical effort to keep your seat out of the saddle, but as you improve your balance, this will happen naturally.

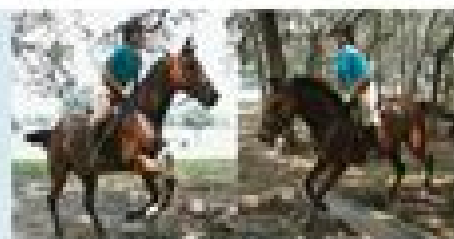
Keep your lower leg vertical.

Keep your knee in line with the ball of your foot.

Keep your knee in line with the ball of your foot for security.

JUMPING A SMALL BANK

For the beginner rider, jumping small banks is a real confidence booster. It offers the chance of a jump test too, but therefore has the opportunity to get used to the first half of a jump – going up the bank – and then the second half of the jump – going down the bank. Initially, hold on to the reins lightly. Keep a strong seat, so that your horse is free to move, and concentrate on keeping a consistent balance with your weight through your legs and your heels staying lower than your seat. Practice jumping up and down the bank, and repeat this until you feel secure in the saddle.



STARTING UP A SMALL BANK

STARTING DOWN A SMALL BANK

the backline of the horse – it will be too far backwards and you may tip backwards. Likewise, as you walk down the hill, your lower leg will be too far back. This will both restrict the horse's movement on the ascent and potentially tip you forwards, causing insecurity to your seat and balance on the descent.

MAINTAINING YOUR BALANCE

As you walk up and down the slope, concentrate on staying in harmony with the movement of the horse, and keep your weight

through your legs and your heels down. Maintain a steady, soft seat contact, allowing your horse's head to move freely. Once you are able to keep your balance in walk up and down the hill, repeat the exercise in trot and canter – everything will happen more quickly and will be more similar to the speed of an actual jump. Then, progress to jumping up and down a little bank (see box, above) as a good preparation for jumping your first fence.

MAINTAINING YOUR BALANCE
By keeping your lower leg vertical, regardless of the angle of the horse's body, you will remain secure and will not fall backwards.

Strive to sit in harmony as the horse walks downhill.

Keep your knee in line with the ball of your foot – it will help you stay balanced.

Let your thighs relax to allow the horse to use the power of his legs.



Horse Riding Manual

Susan E. Harris



Horse Riding Manual:

Complete Horse Riding Manual William Micklem, 2012-03-05 Horses allow ordinary people to do extraordinary things and this extraordinary ebook shows you how Now revised and updated the Complete Horse Riding Manual covers dressage show jumping and cross country riding detailing everything you need to know to compete in these events whether you are a beginner or more experienced rider Complete Horse Riding Manual is brimming with advice on finding the best horse for you training a young horse forming the ultimate horse and rider team boosting and maintaining your own physical fitness and suppleness and building the fitness and stamina of your horse **Complete Horse Riding Manual** William

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like A Pro Pony riding is a great exercise that can be delighted in at numerous ages It s especially useful for building up the leg muscles and for in general physical coordination There are tips on the best way to ride horse would you like to realize how to ride without being fearful With English and Western riding the fundamental principals are the same You will figure out how to mount and also dismount how you can stop move forward hold reins and move backward Horse riding entails safety tips Horseback riding is a physical action and you ll need to wear cloth that will both secure you and allow you to move freely Regardless of on the off chance that you are riding Western or English style similar principles apply This book provides great knowledge on how you can ride a horse like a pro It explains how you can perform different operation on a horse like mount dismount trot canter gallop and others It provides horse riding guide you need to follow in order to master horse riding You will get to see other things that will improve your horse riding skill in this book Buy your copy now so that you can master the skill of horse riding

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The United States Pony Club Manual of Horsemanship Susan E. Harris,2007-08-27 This manual the third of the United States Pony Club Manuals of Horsemanship builds on the fundamentals covered in Basics for Beginners D Level and Intermediate Horsemanship C Level Whether you are a Pony Clubber who has passed the C Level tests a rider who has mastered the same skills a riding instructor or a stable manager this manual will enable you to increase your skills and teach you what you need to know to ride with correct classical technique in advanced work on the flat over fences and in the open to evaluate and school horses to teach horsemanship and to manage a stable efficiently Written for the North American horseman this manual emphasizes sound fundamentals and classical methods based on knowledge of the horse and its systems Whether you wish to compete in dressage show jumping combined training or other horse sports to train horses teach riding manage a stable or simply enjoy horses and horsemastership at an advanced level The United States Pony Club Manual of Horsemanship Advanced Horsemanship B HA A Levels will give you a clear and understandable guide The USPC B Level is for active Pony Clubbers or horsepersons who are interested in acquiring further knowledge and proficiency in all phases of riding and horse care The A the highest rating is divided into two parts the HA which covers teaching training and stable management and the A which covers advanced riding and schooling of horses at all levels Many A Level Pony Clubbers have gone on to qualify for the United States Equestrian Team in various disciplines The Howell Equestrian Library

The United States Pony Club

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Horse and Horseback Riding Dominique Edouard Fournier,2024-03-30 A complete synthesis book which contains all the essential basics to know about Horse and Horseback Riding A series of chapters devoted to the physical and mental characteristics of the horse as well as the rider to help us better understand the meaning of horsemanship Several chapters on horsemanship and the different disciplines making it easier to approach dressage and riding techniques A chapter on the history of equitation from prehistoric times to the present day providing a better understanding of its evolution and current practices and fashions A series of technical sheets covering all horse training and education techniques designed to provide the novice rider with as much information knowledge and explanations as possible to complement the teaching provided by the instructor For each subject covered the main quotations and aphorisms of the great masters are given often very useful for a better understanding of the subject Finally the biography of the main equestrians who should be studied to progress at best The book also includes a lexicon of key words and formulas showing accordance between English and French terms 280 pages

The British Horse Society Riding Manual Margaret Linington-Payne,2007 This authoritative and practical book is the ultimate guide to riding safely and confidently Produced in association with the British Horse Society this book will appeal to beginners of all ages as well as more experienced riders who want to improve their horsemanship and expand their knowledge

The United States Pony Clubs Manual of Horsemanship Susan E. Harris,2014-12-09 Updated and enhanced information on the most recent topics added to the Pony Club curriculum including land conservation horse health and safety

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Riding Horse Repair Manual Doug Payne,2016-05-15 Contending that nearly all horse behavior problems result from incorrect or inconsistent training this work highlights the potential behind the world s promising equine model citizens and partners The guide emphasizes systematic reconditioning while encouraging patience and proper skills in riders providing a comprehensive plan for addressing issues such as bucking bolting rearing spooking lack of confidence jumping issues and more Featuring a clear accessible outline this is the definitive solution to implementing consistent training methods allowing riders to take full advantage of their horses unrealized abilities Suggestions for starting young horses detailed case studies and strategies for future success are also included *The Horse Riding and Care Handbook* Bernadette Faurie,2000 A richly illustrated guide with stunning full color photos from one of the world s leading equine photographers Includes history horse development and breed identification including practical advice for the novice *Graceful Riding: A Pocket Manual for Equestrians* Samuel C. Wayte,2021-04-25 In *Graceful Riding A Pocket Manual for Equestrians* Samuel C Wayte delivers an

insightful and comprehensive guide tailored for riders of all skill levels This manual combines practical riding techniques with philosophical reflections on the bond between horse and rider written in a clear engaging style that embodies a blend of technical proficiency and lyrical prose Employing a step by step approach Wayte emphasizes not just the mechanics of riding but also the emotional and ethical dimensions of equestrianism situated within the broader context of 19th century horse culture and its evolving practices Samuel C Wayte a distinguished equestrian and educator draws from his extensive background in horsemanship and training to craft this manual His passion for the equestrian arts is underscored by years spent observing the symbiotic relationship between horse and rider Wayte s experiences may have been influenced by the burgeoning interest in horseback riding as both a competitive sport and a leisure activity during his time further informing his emphasis on grace confidence and ethical treatment in riding Graceful Riding is an essential read for anyone interested in equestrian pursuits from novices looking to connect with their horses to experienced riders seeking to refine their skills Wayte s holistic approach makes this manual not just a guide to technique but a philosophical treatise on riding gracefully and ethically This book is a treasured resource that invites readers to explore the art of riding as an enduring and enriching journey

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Basic Skills of Horse Riding Tristan David Martin Roberts,1985-01-01

The United States Pony Club Manual of Horsemanship Susan E. Harris,1995-05-15 The C Level is an intermediate level of horsemanship This C Level manual builds on material covered in The United States Pony Club Manual of Horsemanship Basics for Beginners D Level Whether you are a Pony Clubber who has passed the D Level tests or simply a rider who has mastered the same basics this manual will enable you to increase your

skills and teach you what you must know in order to ride independently and correctly with good position balance and use of the aids on the flat over fences and in the open At the intermediate level you are expected to take more responsibility for the care and management of your pony and you will learn how to do this as well In addition you will learn the skills needed for conditioning and preparing your pony and yourself for competitions and special events From the C Level you may go on to higher Pony Club ratings such as B H A or A Ratings or specialize in such disciplines as dressage show jumping eventing and showing Or you may just want to have the pleasure of caring for your horse or pony and participating in your favorite riding activities Either way The United States Pony Club Manual of Horsemanship Intermediate Horsemanship C Level will give you an excellent basis in horsemanship for the lifelong enjoyment of horses and horse sports BHS Riding Manual Margaret Linington-Payne,2007 This authoritative and practical book is the ultimate guide to riding safely and confidently Produced in association with the British Horse Society this book will appeal to beginners of all ages as well as more experienced riders who want to improve their horsemanship and expand their knowledge

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