

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 strong 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.

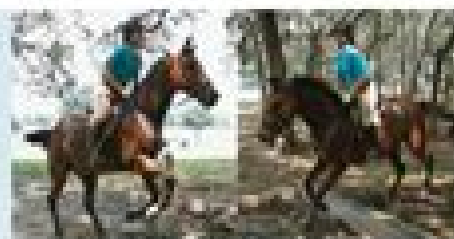
Keep your lower leg vertical.

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

Keep your seat out of the saddle, and your feet flat.

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 backplane 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, so that you are secure.

Let your thighs relax to allow the horse to use the knees and legs.



Horse Riding Manual

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