

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.

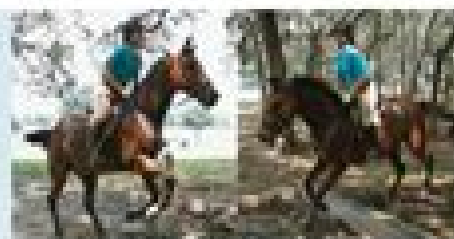
Keep your lower leg vertical.

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 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 – in both uphill and downhill.

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



Horse Riding Manual

Caroline Stamps



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

How to Ride a Horse Donald Kelvin,2019-10-31 HOW TO RIDE A HORSE Complete Manual on How to Ride a Horse 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

How To...Horse Riding DK,2012-05-01 If you have ever dreamt about becoming the next Mark Todd or Zara Phillips then How to Horse Ride is the perfect guide to set you on course for success This book shows you how to with simple step by step photographs and easy to follow instructions From basic exercises and grooming techniques to more advanced cantering and jumping The final section takes a look at the fun you can have with your riding from the thrill of the show to the discipline of dressage Saddle up and learn to ride with this exciting new How to You ll be galloping your way to the gymkhana before you know it

Horse Book The Manual Of Horsemanship Curtis Goller,2021-01-04 Horsemanship the art of riding handling and training horses Are you looking for great new methods to teach your horse new things Let s have a look at this book This book is unique because the author s willingness to share her change of attitude her mistakes and the teachings that made the shift has created a much more instructive and inviting narrative than the how to books written by the experts She shows enormous dedication in her quest to understand her horses and in the knowing create the happiest life possible for them She s put her experience her learning and her errors to good use by taking others along for the metaphorical ride and in the process hopefully shared a very important message

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 *How to...Horseback Riding* Caroline Stamps,2012-04-16 Saddle up for the best read on horse riding From knowing everything about the colors markings and breeds of horses to learning the basics of riding this book covers it all Even absolute beginners can pick up the reins with this comprehensive horse riding manual With step by step photographs and easy to follow instructions How to Horseback Riding is designed to help young riding enthusiasts pick up the basics from trotting and cantering to jumping You will also discover the best way to take care of your equine friend including how to use a grooming kit to brush a horse s coat The later chapters in the book give an insight into the more experienced riding dressage and horse shows How to Horseback Riding gives children all the confidence they need to pursue this exciting activity as a fun hobby or competitive sport You ll be galloping to the stables before you know it *The Everything Horseback Riding Book* Cheryl Kimball,2005-10-17 So you want to ride but you don t know a halter from a harness Have no fear The Everything Horseback Riding Book is packed with helpful tips on clothing equipment and techniques to get you started Author Cheryl Kimball gives you such clear step by step instruction that even cinching will be a cinch From finding the right instructor to mastering the trot and the canter this guide has it all Learn more about Safety tips and tricks What to wear and how and when to wear it English vs Western Arena work and trail riding Horseback riding activities Horse shows and competitions Vacation spots for riders The Everything Horseback Riding Book is your key to the skills necessary to be a confident and prepared rider [The United States Pony Club Manual Of Horsemanship Intermediate Horsemanship \(C Level\)](#) Susan E. Harris,2012-12-03 Updated and enhanced information on the most recent topics added to the Pony Club curriculum This C Level manual builds on material covered in The United States Pony Club Manual of Horsemanship Basics for Beginners D Level Whether you re a Pony Clubber who has passed the D Level tests or simply a

rider who has mastered the same basics this manual enables you to increase your skills and teach you what you need to 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 New and revised coverage of land conservation and horse health and safety Better organization to ease reference A full review and update of critical developments in riding instruction and competition In depth revision of nutrition and veterinary topics the two areas in which there has been the most significant research and development over the past two decades 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 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 *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 nutrition and veterinary topics better organization and easy reference and a full update of critical developments in riding instruction and competition 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 H 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 **Complete Horse Riding Manual**

William Micklem,2023-03-28 A new fully updated edition of the complete guide to horse riding Learn all there is to know about horse riding from horse care and show jumping to mastering dressage with this comprehensive and fully updated guide

Suitable for both novice and advanced riders and for equestrian fans of all ages this book will guide you through every stage of the riding process from the first time in the saddle to advanced riding skills Featuring all of the latest techniques and equipment this revised and updated edition covers everything you need to know about basic horse training dressage training and mental and physical preparation for both horse and rider as well as how to find and develop your ultimate horse Presented in spectacular visual detail it is the ultimate guide to perfecting your equestrian skills Featuring tips from internationally renowned horse trainer William Micklem *The Complete Horse Riding Manual* is a truly thoroughbred guide that is a must have for any horse lover *Teaching Horseback Riding Lessons* Sally Cochran,2012-08-31 This book will walk the new or established riding instructor through advertising and marketing horse selection location and contracts how to teach students to handle the horse from the ground as well as instructing through the gaits of walk trot and canter It will guide you through teaching your students how to jump plus has lots of example less plans hundreds of ideas for incorporating obstacles ideas and equipment into your lessons Here we will answer many questions as well as bringing up a lot of questions that you need to answer or consider back cover *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 United States Pony Club Manual of Horsemanship** Susan E. Harris,2012-03 Required reading for every Pony Club Member now in a valuable new edition The United States Pony Club USPC is among the largest equestrian organizations in the United States with more than 14 000 members in 600 clubs spread across 49 states credited with training many current and past Olympic competitors The USPC Manuals are required reading for every Pony Club Member and will continue to be required reading into their new editions This book is written and illustrated for youngsters who want to learn to ride especially members of the U S Pony Clubs Inc who want to meet the USPC s Standards of Proficiency If you re that youngster you will be able to read this book on your own This classic guide will show you how to become a careful thoughtful rider and how to communicate with and understand your pony Some sections however are meant to be read by an adult a parent or riding instructor so you can get the extra help you

may need to reach your goals By the time you have read this book you will know a lot about riding in a ring and in the open beginning jumping pony care and handling safety having fun and meeting challenges and much more New information on critical developments in riding instruction and competition The latest research and development in nutrition and veterinary topics Coverage of land conservation and horse health and safety All new photos and a fully updated look and feel If you re a beginning rider parent or instructor The United States Pony Club Manual of Horsemanship is a solid source of instruction regardless of whether or not a Pony Club chapter is within reach

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

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

Manual for Cossack Riding & Training of Horses C. Fleisher, *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

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 **Riding Manual** John Lyons, John Lyons Symposiums, Incorporated, Jeanne Wise Smith, Constance Hare, 2003 The Riding Manual contains step by step lessons to help you develop a safe calm and enjoyable horse Gain control of your horse before you get in the saddle This book includes over eight hours of demonstrations on DVD this is a follow up book to the Ground Control Manual Vol 1 2 This book starts when the ground work is done and you are ready for the saddle Between the two books you have the most comprehensive written information John Lyons America's Most Trusted Horseman has ever produced *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

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