



www.CoventryEquestrianCenter.com

*A Day in
the Life at
Coventry*
Horses are in
today and
may be in
all week.

Unfortun-
ately it is

suppose to rain again but it is going to be warm! So there
will be a lot of lunging. If you
need your horse lunged, let us
know. Glad to be of service!



Spiffy quote from
Charles deKunffy:
"The leg energizes; the seat
modifies;
the hand verifies..."



**Over tracking? Under tracking? In front of the leg?
What does all this mean and WHY!**

Above is a photo of a horse over tracking at the trot. Certainly this horse is in front of the rider's leg. Did you ever wonder what does 'in front of the leg mean?' Simply, it means the horse is stepping in front of the rider's leg, such as this horse. It is also called over tracking, meaning it is over tracking the hoof print its front leg is leaving. When a horse is tracking up or over tracking it is then using its whole back. When it is under tracking it is not using its whole back. We want the horse to use its back so it will lift the rider's seat and does not become concave under the weight of the rider. The horse has to first develop the muscles to go 'down and round' so the back lifts and then develop the ability to then come under and up.

A Spiffy paragraph by K. Hermann about
Off the Wall Riding



Photo 1. This is a horse that is straight from poll to tail. Its legs are in a line, tracking straight, and its ears are level. The rider is not collapsing.

Putting a horse's horizontal spine straight with a rider's vertical body using the rider's three natural aids is a feat whether it is a shoulder fore or merely putting your horse straight on the quarter line. After all, riding is a verb so it requires action, or the use of the rider's aid coordination to put the horse straight. How the three natural aids are used to straighten a horse are the same whether the horse is walking, trotting or cantering. What varies is the timing and rhythm of the gait which affects the synchronization of the aids application.

I just finished writing the article *The Benefits of Riding the Quarter Line* to

put your Horse Straight & Develop Aid Coordination or simply *Off the Wall Riding*. I first started writing it in 1998. Talk about putting things off.

I wrote another article about riding straight lines that was published in Horseplay magazine in 1991. That one is on the Coventry website refer to link below. Above is a photo of me illustrating that article about riding a straight horse. I love how straight the horse is, but I cannot believe how crooked I am and it was in the magazine. My body is off to the left of the horse. As a result, you can see that the left stirrup is lower. (My left sitting on the horse, not your left looking at the photo.) If I were sitting in balance, my nose and spine would be in the middle of the horse's ears. But, nicely my toes are in, yeah! The horse's name was Blue. He and I showed Second Level, but I have no memory of how we did! Photos Beth Fornaro...<http://blythdale.tripod.com/coventryequestriancenter/id15.ht>

