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In Stride with Coventry # 119

Thursday horses out.. Friday out in snow.

And, likely all weekend...

STRANGE WEATHER

Wed, we got freezing rain & ice, then it rained & the ice turned to slush, then it snowed like mad. Then the sun came out. I am exhausted thinking about the weather.

I got a lot of response to the last newsletter. People even asked for the answers to the questions, so here are my answers below, Tomorrow we will have someone else's answers to the same questions. A different perspective!

Riding 101

What are your 3 natural aids? Legs, seat & hands...

When do you ask the horse to go forward in the posting trot, when you are up or when you are down? On the down beat of the rising trot. Remember to squeeze or kick him when you are down

Which is your passive leg, and which is your active leg? Inside leg is active and asks the horse to go forward and the outside leg is the passive leg, it controls the haunches or keeps them from swinging out.

Should your horse look where it is going? Yes! And, you do that by "positioning" the horse.

What is the difference between positioning & bending? Positioning is when you position the horse's body to be "bent" on the circle or the follow the size of the arc he is traveling, whether it is 20, 15, or a 10 meter circle. Bending is when you really bend the horse such as to supple the neck.

How do you bend the horse? Inside rein bends the neck, and horse's body bends around inside leg, with the inside leg being "at the girth" and the outside leg behind the girth. Of course, this is for riding on a circle.

And, the big one, what is longitudinal motion? The horse has longitudinal motion at the walk & canter. Because we ride on contact (what is contact? - that was another question), our elbows have to move forward and back following the "longitudi-

nal motion." The horse's top line gets longer and shorter with each stride like an accordion.

Contact is typically referred to as contact with the bit, elbow to bit connection. But, when you sit in a balance seat, as opposed to hunt seat, you have three points of contact, the legs on the barrel, the seat on the back, and the hands to the bit through the extension of the rein. When you are in 2 point, or jumping position, you have two points of contact, the leg and hand.

Questions for riders in 202

What is tracking up?

Why do you want your horse forward?

What difference does forward or not forward make to the horse as far as its training?

What is a bascule?

I could go on and on...

FEB 13th - Julie the chiropractor will be at the barn on the Feb.13th, around 5 pm. Contact Kristin H, or Kristen K. if you want your horse adjusted by Julie.

ISL is up & running again with clinics. We have three scheduled so far, yup we (ML) likes being busy. Mark your calendars.

Saturday, April 25 @ CEC 2 to 4 pm - Dr. Ford & Dr. Stanek, "*Everything you wanted to know from the vet, but were afraid to ask...*"

Sunday, May 17 @ CEC 2 to 4 pm - Patti Jo/ Howling Oaks, "*Equine Touch.*"

Wed. June 22 6:30 to 8:30 pm (at (s)Nob Hill Apartments party room in Scott Township) - Judith Levy's "*Animal Behavior and the Benefits of Reike for Animals*"

Fwd: FW: Free black lab puppies for anyone interested

Posted by: "DONA FERRARO"

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Click Animal Rescue site to feed sheltered animals
<http://www.theanimalrescuesite.com/clickToGive/home.faces?siteId=3>

