



In Stride w/ Coventry Report #70
 rain rain go away come again some other
 day. Tuesday horses in - sorry.
 Wednesday horses OUT!

Chewing the Reins out of the Hands...

is something we learn as riders at Coventry. I learned it from some old classicists in my pursuit of "dressage." And, as olympian Stephan Peters says, when he mounts a horse he first allows it to "chew the reins" out of his hands. In this way of communicating to



his horse, he knows he and his mount are on the same page as far as what it takes to get the horse to "give" at the poll. Even at Coventry, at our rinky dink Western Pa barn we learn how to do this. Below is Brianne and Eli a 3 year old Friesian cross illustrating the technique.



Simply, Brianne asks Eli to give to the bit and chew the reins out her hands in doing so he releases his top line. She passively resists with contact and he gives at his poll, where the atlas joint (skull) meets the first vertebra and then flexes, gives or nods. As a result, Eli gradually lowers his head. He does this one step at a time, one flex at a time. He is not aloud to pull the reins out of the riders hands. Notice how Eli's neck gets longer as his head lowers. We teach this at Coventry so a rider learns to feel how to put a horse on the bit or aids. Once acquired at a halt, the rider's learns to feel the same allowing the horse to take the reins at a walk, trot and eventually canter. However it is more difficult because we become a moving rider on a moving horses with ever so many parts that need to coordinate in unison. So when we slow it down to chewing the reins out the riders hands at a halt it helps the rider to develop "the feel" for what i required in movement. Thank you for Brianne and Eli to illustrate this. If you want to know more about chewing the reins out the hands, ask me for articles. Or read Museler, Herberman or Seunig. Come back soon now ya hear...

My mind is like a parachute...

it functions only when open....



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