



[www.CoventryEquestrianCenter.com](http://www.CoventryEquestrianCenter.com) #177



We teach “Chewing the Reins out of the Hands” every day at Coventry. Here is a perspective from Nancy Nicholson’s book and web site *BioMechanical Riding*.

### Long and Low, Chewing the Rein Out of the Hands

As the horse stretches its neck into the bit, the rider gently allows the rein to become longer by stretching the hands forward and down, then allowing the horse to slide the reins longer gradually (1a, 2a). This exercise also overlaps with "long and low." The horse should not reduce its tempo or stride length in the gait or figure chosen for the exercise.

In the “überstreichen”\* exercise the rider gives the hand(s) forward and maintains connection to the horse via seat and legs while the horse maintains its position. The überstreichen exercise is, in a sense, the reverse of the "long and low" exercise because it tests the ability of a rider to maintain the horse's posture with seat and legs. With the ability to give one or both reins, both horse and rider become more classically connected within the "circle of aids."

\* A KH note: This überstreichen is the same thing as offering the inside rein to see if the horse is on the outside rein. The word translates to mean release, okay, so release the inside rein why didn't you just say that? You do not not have to talk with German words to do “dressage.” Also, even though we all say give with the inside rein, it is actually the elbow that moves forward to allow the hand to move forward. And, should we have a straight line elbow to bit? Always, even for hunt seat. That way we can keep our elbows elastic and offer the contact forward if wanted for überstreichen or stretching for “long and low.” When our horse is on the outside rein, and we test to see if it is with überstreichen, then we know it is in balance working evenly on all four legs with “self carriage.” In other words, we are not holding the horse together into a frame with contact!

Here is how the **USDF Glossary of Terms** describes the U word. *Loosening of the reins by moving the hands forward along the horse’s neck, to demonstrate that the horse is in self carriage - neither increasing nor decreasing the pace, not changing the balance or the outline.*

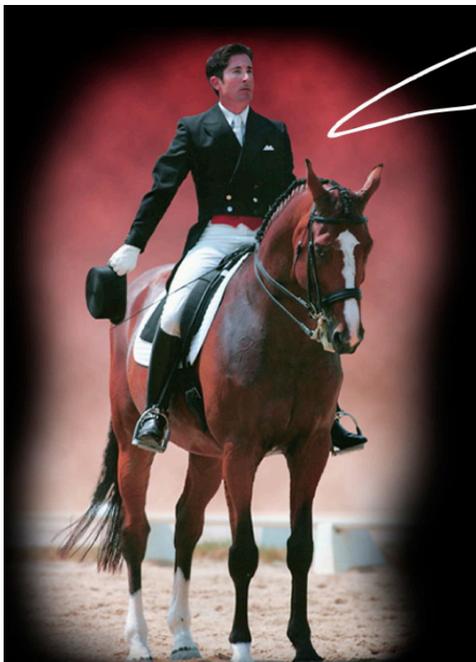
The Arena RX in the indoor has been fixed! It is not dusty any more, yeah! Thank you for being patient. We added sand, and they added more arena rx. It is great! Doors are kept wide open and there is a breeze through the arena.

Horses going out every night. Maybe rain Monday night ! Coventry horse show for Sept 26th was approved by the WPDA and Emily Craig is the judge. Next hunter show is weekend of Aug 6th at Horse on Course. Kristin rode Bella in a Ryan Yap clinic this weekend. It was awesome! Nancy Lewis Stanton is right around the corner, leave your checks to preregister! And, Verena’s imported horse from Germany is arriving at Coventry on Tuesday... we are going international!



If you are going to ride in the Monday evening jumping lessons, please let Kristin know. Do not just show up for jumping. we try to plan the ride times according to jumping levels. Thank you.

To learn about Ryan Yap go to this web site.  
[www.legacysastables.com](http://www.legacysastables.com)



R y a n won the prestigious Highlife Cup at this year's classic event in West Palm Beach, Florida with a score of 74.186% on Tokyo, a Dutch Warmblood owned by Renee Isler. To think this man has ridden Bella Donna several times. And, he gets a twinkle in his eye when he talks about her. He sees something! Yeah!!! 😊