

Human & Animal Bonding

Here is the website and you can open the magazine digitally and read my article and see mine and Brach's picture ~ just dying to do that I know!
<http://www.pghpetconnections.com/>



Safety at the barn~ is this how a gate should look? Or. should the gate be snug to the post? Yes! Gates should always be shut snug to the post. A horse could easily get its nose between the gate and post and break the chain and open the gate! Next thing you know horses are all over the place because the grass is always greener on the other side of the fence!



~ Who ever made the shredded chicken recipe for the Christmas mingle your recipe has been summoned! ~

BASIC RIDING POSITION,
 always room for improvement.

When I took a lesson right before Christmas it was all about position. It is our riding position that communicates to the horse, so the better your position the better your horse will understand you. Rider's aids are either clear or muddled. The clearer the aids the more "aha" moments your horse will have!

Three main areas of the body are used to communicate to the horse: The Seat, (torso) for balance, the legs for forward movement and the hands to control the forward momentum and direct the energy. The more clearly these three natural aids work independently of one another and in unison will determine the success or failures of the rider to communicate and listen to the horse. The seat is to balance from side to side and follow the horse's back motion, the legs' hang out of the rider's hips with the ankles under the hip and the balls of the foot resting on the stirrup so the heel drops slightly below the toe. Stirrups on the balls of the foot enables the ankle to be flexible, the knee is slightly bent and the hips also follow the horse's back motion. All three leg joints need to work as shock absorbers. The arms are to hang out of the shoulders and bend at the elbow enabling the elbows to follow forward and back with the horse's longitudinal motion! Sounds easy doesn't it?

I spend most of my lesson time constantly reminding the rider to move a leg back, bend the elbow, not break in the wrists, keep the seat in the middle...! When I was learning how to ride I was constantly bombarded with the same commands, do this, do that, do this, do that. I cried in many lessons! Obviously, I am still not perfect, in my last lesson I was told hands down, let the leg hang down ~ blah blah blah, sos..., and this is after thirty years of training riders and horses!

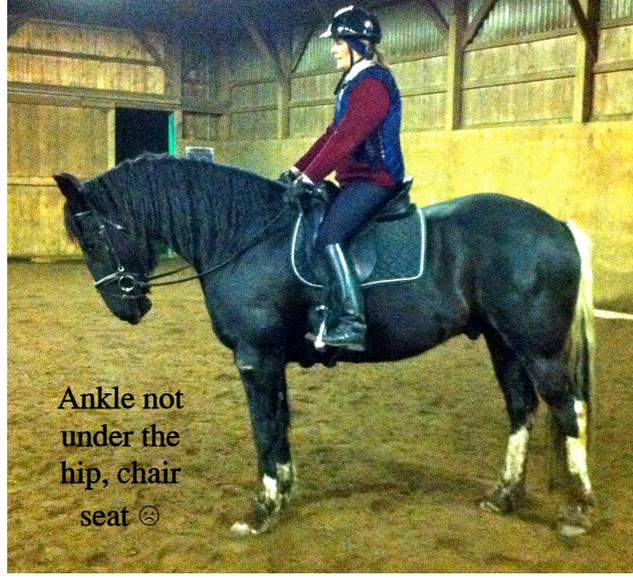
What is the point? I think I want to say, do not despair ~ we all share the same good and bad habits! *But*, the clearer your riding position ~ correct leg position with the stirrup placed on the ball of the foot, a balanced seat and elastic elbows that follow WILL get you and your horse on the faster track toward training!

Remember ~ Perfect practice makes perfect!

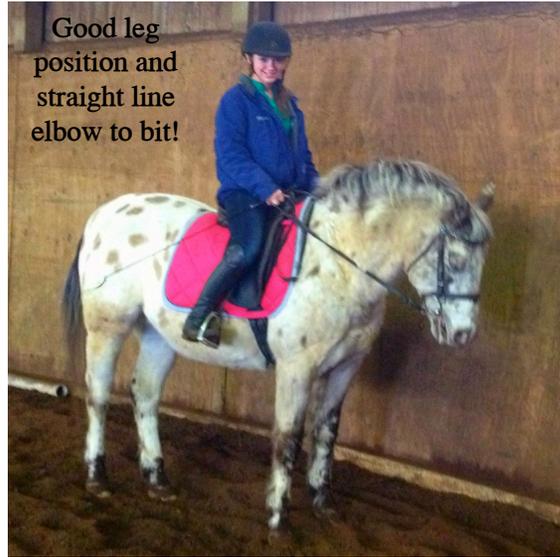
Here is a youtube video talking about basic riding position <http://www.youtube.com/watch?v=0HaA2gzu0oc&feature=youtu.be> and an article by Lynn Palm http://www.quarterhorsesindressage.com/start_by.pdf



Great leg position ☺



Ankle not under the hip, chair seat ☹



Good leg position and straight line elbow to bit!

