

THE HANDBOOK OF RIDING ESSENTIALS

HOW, WHY, AND WHEN TO USE THE SEAT, THE LEGS, AND
THE HANDS, WITH STEP-BY-STEP ILLUSTRATED INSTRUCTIONS
FOR BASIC SKILLS AND ADVANCED EXERCISES



FRANÇOIS LEMAIRE DE RUFFIEU

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The Handbook Of Riding

Zhe Xu



The Handbook Of Riding:

The Handbook of Riding Mary Gordon-Watson, 1982 *Handbook of Riding Essentials* Francois Lemaire de Ruffieu, 2015-05-01 The natural aids the seat the legs and the hands are the most important means a rider has to direct and control his her horse Mastering them is the key to good horsemanship The Handbook of Riding Essentials focuses on the natural aids and explains in detail not only how they are applied but why the horse responds to specific aids and when they should be used providing the fundamental information all riders need to know regardless of their level or chosen discipline Step by step illustrated instructions in a clear quick reference format are given for basic and advanced skills including 1 the use and functions of the seat legs and hands 2 the different rein actions and when to apply them 3 putting the horse on the bit 4 the natural aids for the walk trot canter and transitions 5 longitudinal and lateral exercises including the shoulder in haunches in half pass half turns counter canter flying changes etc Throughout the author gives expert advice on training and improving the horse and solving common problems suggesting practical tips for mastering even the most complicated movements There are a series of exercises for the rider to help with suppleness and comfort in the saddle This is an excellent learning tool and reference source for the beginner and advanced rider alike **The Handbook of**

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