

The Horse Riders Handbook

Judith Draper, Debby Sly, Sarah Muir

The Horse Riders Handbook:

The Horse Rider's Handbook Monty Mortimer, 1989 The Horse Rider's Handbook Monty Mortimer, 2003 This book covers broadly the psychology and physiology of the horse at a level required by all serious horsemen and women Without this elementary knowledge a thorough understanding of the horse and his needs cannot be achieved The Horse Rider s Handbook takes the reader through the training of the horse from his earliest handling as a foal through his basic training and on to jumping and dressage The handbook goes on to explain the requirements of competition dressage show jumping and cross country riding together with some guidance on how these equestrian disciplines may be approached in order to stand a fair chance of success Any rider who takes their discipline seriously will benefit from the advice given in this excellent handbook A Beginners Guide to Horse Riding Katie Telford, 2015-07-13 A practical guide to developing the classical seat for all serious horsemen and women Comprehensive advice on the training of the horse from earliest handling as a foal through basic training and on to jumping and dressage A Beginners guide to Horse Riding is intended as a companion volume to the author's popular The Horse Owner's Handbook It is a practical guide to developing the classical seat and consequently the accepted training and riding of the horse by the use of the aids which have been developed since academic riding was first written about three hundred years before Christ It covers broadly the psychology and physiology of the horse at a level required by all serious horsemen and women Without this elementary knowledge a thorough understanding of the horse and his needs cannot be achieved The Horse Rider s Handbook takes the reader through the training of the horse from his earliest handling as a foal through his basic training and on to jumping and dressage The work goes on to explain the requirements of competition dressage show jumping and cross country riding together with some quidance on how these equestrian disciplines may be approached in order to stand a fair chance of success Any rider who takes his or her discipline seriously will benefit from the advice given in this excellent handbook The Horse Riding and Care Handbook Bernadette Faurie, 2000 A richly illustrated guide with stunning full color photos from one of the world s leading equine photographers Includes history horse development and breed identification including practical advice for the novice The Nervous Horse Rider's Handbook Emma Cooper, 2021-03-15 If you suffer from the what ifs when you think about riding then you are not alone Aimed at the everyday rider this user friendly guide clearly explains how you can unlock the secrets to a confident riding mindset and build long lasting confidence Nervous riders commonly share the same thought processes and all experience very similar struggles The good news is you can easily learn the skills needed to overcome your fears and turn your negative mindset around so you can enjoy riding again You will learn how your mind builds up your fears and how to change these negative patterns to banish those what ifs for good Discover how your horse is affected by your feelings and how you can change his behaviour by changing your own Emma shares straightforward techniques gained from many years of helping nervous riders to overcome their fears including lots of practical tips to boost your ridden confidence

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