

Equestrian Jumping Exercises

Carol Mailer

101 Jumping Exercises for Horse & Rider Linda Allen,Dianna Robin Dennis,2010-06-24 Get jumping! This collection presents a logical series of fun and rewarding exercises that are designed to develop your horse-jumping skills. With straightforward instructions and clear arena maps, this guide can be hung on a pole and easily referenced from the saddle. In addition to clearly articulated goals and progressively difficult variations, each exercise also includes encouraging advice on what the rider should keep in mind while jumping. Saddle up and get ready to fly through the air with grace and confidence.

101 Jumping Exercises for Horse and Rider Linda L Allen,Dianna R. Dennis,2003-09 In this handbook, Linda Allen teaches exercises every horse and rider ought to know, from the simplest skills to the most complex techniques. The jumping exercises start with basic work over and around poles to help horse and rider maintain a dialogue with each other. As the exercises progress, so do their complexity, teaching the rider correct balance, technique and confidence.

101 Dressage Exercises for Horse & Rider Jec Aristotle Ballou,2010-06-24 Dressage is the ultimate achievement of oneness between horse and rider. Featuring a full arena diagram and step-by-step instructions for each exercise, this sturdy book is designed to allow the rider to hang it on a hook and refer to it from the saddle. You'll learn how to improve your riding position; master looseness, balance, and suspension; and perfect flying changes as you work toward dressage success.

Foolproof Jumping Exercises Carol Mailer,2013 Jumping trainer Carol Mailer presents foolproof jumping exercises suitable for every combination and size of horse and pony, devised specifically to help riders and their mounts hone their skills, improve their performance, and exceed their expectations. Moreover, the exercises will help eliminate the need to have a top-notch trainer standing by at all times to supervise the work. Indeed, the exercises are so straightforward that a sensible rider will be able to use the poles and grids to analyze why they are making mistakes, and, far more importantly, learn how to correct them quickly and easily.

Equine Fitness Jec Aristotle Ballou,2009-12-09 Get your horse in shape and maintain his overall fitness, regardless of his age or abilities. Equine Fitness will have your horse looking and feeling his best with a series of fun exercise routines specifically designed to enhance his strength, stamina, and agility. Clear step-by-step instructions and detailed illustrations make the exercises easy to follow, and the book includes a handy set of pocket-sized cards that you can use in the ring. Jec Ballou's simple conditioning program promises lasting results for healthy horses and satisfied riders.

Cavalletti for Dressage and Jumping Ingrid Klimke,Reiner Klimke,2018-10-01 Every horse, no matter in what discipline it is ridden, will benefit from working with cavalletti. For Olympic champion Ingrid Klimke, riding over cavalletti is key to success. Cavalletti training improves the horse's basic gaits, develops rhythm, suppleness and cadence and increases fitness and agility. This handbook describes how to work with cavalletti on the lunge, provides valuable new schooling ideas and inspiration for dressage work, as well as numerous layouts for gymnastic jumping. Since its first publication in 1969, Cavalletti has become a standard reference book. This fourth edition has been further revised with new photographs.

Stride Control Jen Marsden Hamilton,2020-11-15 The only book dedicated to learning to find and ride the ideal jumping distance with fundamental skills and enlightening lessons from one of the best in the business. Understanding how to count strides helps to develop the rider's eye and "feel." Stride control means producing the correct number of strides and quality of stride to jump the jumps at hand—the emphasis is on the quality of strides, not just the number. It is one of the skills that enables the rider to achieve success, whatever the size of the jumps. Jen Marsden Hamilton has coached countless riders and horses around the world in the striding techniques that brought her success during her own impressive competitive career, and here Hamilton has compiled her knowledge in a concise book of exercises and insightful strategies. Inside you'll find: Detailed setup for specific exercises. Connecting flatwork for between ground poles or jumps, such as transitions and serpentine. Strategies for completing the exercises and analyzing the outcome. Appropriate exercises for the rider's desired discipline and level.

Jumping for Kids Lesley Ward,2007-01-01 Provides an introduction for young readers to all aspects of horse jumping, covering such topics as training, exercises, common problems, designing courses, entering competitions, and cross-country jumping.

101 Western Dressage Exercises for Horse & Rider Jec Aristotle Ballou,Stephanie Boyles,2014-01-01 The exciting new discipline of Western Dressage lets riders of Western pleasure, work, or competitive horses enjoy the benefits of traditional dressage while using Western tack and attire. This book -- the very first on the topic -- offers 101 fun and effective exercises that will improve every Western horse's suppleness, balance in movement, and responsiveness. Each exercise is presented with illustrated, step-by-step instructions and a full arena diagram, and exercises are organized by focus: softness, looseness, rider development, engagement,

adjustability, and ground work. This book is the ultimate reference for this new sport.

Kip's Tips Kip Rosenthal PhD,2020-06-22 Horsemanship is a never-ending process of learning and problem solving. In Kip's Tips, author Kip Rosenthal addresses a host of questions and topics related to riding and jumping. Based on her more than sixty years of experience in the equestrian field, coupled with her degree in sports psychology, Rosenthal shares a wealth of knowledge about: flat exercises for riders and horses, including such topics as the rider's position in the saddle at the walk, trot, canter, and gallop; coordinating rein and leg aids; lengthening and shortening the horse's stride; and exercises to work on. jumping exercises for riders and horses, such as the rider's position during the approach; flight and landing, cavalettis; cross rails, verticals, and oxers; identifying and correcting horse disobediences; and understanding when to increase obstacle height and width. horse show competition topics like finding suitable horse shows, divisions, and classes; preparing at home and in the schooling ring; analyzing equitation, hunter, and jumper courses; and determining when to move to advanced levels. sports psychology, including becoming mentally and emotionally prepared for lessons and competitions and developing techniques to a positive attitude. Providing a greater understanding and appreciation of the sport and their horses, Kip's Tips presents the perfect guide for all ages and levels of trainers, owners, riders, and parents.

Connection Training: The Heart and Science of Positive Horse Training Hannah Weston,Rachel Bedingfield,2019-11-09 A practical guide to using reward-based training techniques to create a true partnership with your horse. This leads to lifelong connection, effective problem-solving and joyful performance.

Practical Horseman's Book of Riding, Training, and Showing Hunters and Jumpers M. A. Stoneridge,1989 Covers training basics, hunter seat equitation, selecting, riding, and showing hunters and jumpers.

Successful Jumping Karen Bush,Ross Irving,1997-11-01 One of the most effective ways of developing a horse's natural aptitude for jumping is through using gridwork, a logical system of training that increases the horse's confidence, encourages the development of good musculature, and improves the horse's accuracy, agility, and technique. This book demystifies the method and explains in a way that will enable anyone to develop a safe and effective training program. There is practical instruction and advice on preparatory work, choosing equipment, building fences, calculating distances, and developing gridwork exercises; there is also an invaluable trouble-shooting chapter, which aims to identify the causes of any problems and suggests remedies.

Kip's Tips Kip Rosenthal, PhD,2020-06-22 Horsemanship is a never-ending process of learning and problem solving. In Kip's Tips, author Kip Rosenthal addresses a host of questions and topics related to riding and jumping. Based on her more than sixty years of experience in the equestrian field, coupled with her degree in sports psychology, Rosenthal shares a wealth of knowledge about: flat exercises for riders and horses, including such topics as the rider's position in the saddle at the walk, trot, canter, and gallop; coordinating rein and leg aids; lengthening and shortening the horse's stride; and exercises to work on. jumping exercises for riders and horses, such as the rider's position during the approach; flight and landing, cavalettis; cross rails, verticals, and oxers; identifying and correcting horse disobediences; and understanding when to increase obstacle height and width. horse show competition topics like finding suitable horse shows, divisions, and classes; preparing at home and in the schooling ring; analyzing equitation, hunter, and jumper courses; and determining when to move to advanced levels. sports psychology, including becoming mentally and emotionally prepared for lessons and competitions and developing techniques to a positive attitude. Providing a greater understanding and appreciation of the sport and their horses, Kip's Tips presents the perfect guide for all ages and levels of trainers, owners, riders, and parents.

Celebrity Jumping Exercises Caroline Orme,2009-02-01 A training guide with simple explanations of the different jumping exercises used by world-class horse riding celebrities. It features sequential photographs and notes as to when to use the exercises, when not to, and how to fix common problems. It includes photographs of the celebrity riders and their training philosophies.

Progressive School Exercises for Dressage and Jumping Islay Auty,2001 Progressive School Exercises provides a collection of exercises, on the flat and over fences, specifically designed for use in training more experienced riders and horses, whether in groups or as individuals, or schooling at home. Specially chosen ridden exercises aim to improve: In the horse - rhythm, impulsion, balance, elasticity, straightness, athleticism, suppleness, obedience and self-carriage and in the rider - balance, effectiveness, accuracy, co-ordination, forward planning and the ability to see a stride when jumping.

Jump Course Design Manual Susan D. Tinder,2013-02 An entire profession is devoted to designing and building jump courses, but now it can be a little easier to create your own show-quality course at home! This highly illustrated instruction manual explains--with the aid of hundreds of color photos, diagrams, and tables--the jump components used in different horse show divisions, how course designers select the tracks to be followed, and what factors make a course more or less difficult to ride. This book is essential for anyone who wants to better understand the concepts of course design and is a valuable training aid for those looking for inspiration when schooling or teaching riders at home. Includes 52 full course designs, 15 short courses, 35 gymnastic exercise set-ups, and 15 grid lines.

Jane Savoie's Dressage Between the Jumps Jane Savoie,2020-11-17 A compelling collection of focused flatwork exercises for improving jumping performance. Renowned author and mental training coach Jane Savoie breaks down the six most common problem areas she sees when horses jump: “Whoa” and “go” Rhythm Suppleness through the poll, neck, body, back, and hindquarters Contact and connection Collection Flying changes Then Savoie fills the rider’s toolbox with targeted exercises on the flat—simple solutions to the nagging problems that prevent riders and horses from doing their best over all kinds of obstacles, whether competing in hunters, jumpers, equitation, or eventing. Her excellent lessons gradually incorporate ground poles and low fences to build skills without stressing the horse’s body. Throughout, top riders share their own stories and insight, demonstrating numerous ways dressage exercises helped solve real problems over fences, including Olympian Anne Kursinski, Nations Cup rider Paul O’Shea, and eventer Nancy Bliss Byrd. With incredible clarity and her trademark enthusiasm, Savoie arms readers with knowledge, confidence, and problem-solving prowess that will result not only in clear rounds, but a happier horse, ready and willing to perform in partnership. Jane Savoie was the first to promote mental training tools and techniques as integral to competitive riding success, and her cross-training concepts for the horse—how to use dressage fundamentals for every equestrian sport—have been called “not just a read, but a must read for every hunter-jumper rider.”

101 Ground Training Exercises for Every Horse and Handler Cherry Hill,2012-01-01 Presents ground training exercises for every horse and handler, including catching, yielding, turning, sacking out, backing, long lining, doing obstacle work, and more.

Modern Gymnastics JIM. WOFFORD,James C. Wofford,2020-07-23 The ultimate illustrated guide to grids from one the world's leading experts on gymnastic jumping. This clear, full-color edition of the original classic provides riders three-time Olympian and five-time US National Champion Jim Wofford's proven system for teaching horses to jump and for improving any jumping horse's performance. A regimen of Wofford's gymnastic exercises will improve your and your horse's: Balance Technique Flexibility Confidence Fitness Wofford explains how horses that are taught to jump using a gymnastic system soon become confident and efficient over fences. He carefully details how to train young horses using gymnastics—clearly illustrating how to set up each grid. He also provides a systematic sequence explaining which gymnastic to use when, depending on the horse's level of training and the rider's focus, whether cross-country or show jumping. In addition, specific exercises are given to help correct existing bad jumping habits in horses such as refusals, run-outs, or improper striding. Whether you are just learning to jump or you are a seasoned expert, Wofford provides ample exercises for setting up your horse to succeed over fences.

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