



REVISED &  
UPDATED

# COMPLETE HORSE RIDING MANUAL

WILLIAM MICKLEM





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RIDING  
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by William Micklem



DKI

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## PHYSICAL PREPARATION OF THE HORSE

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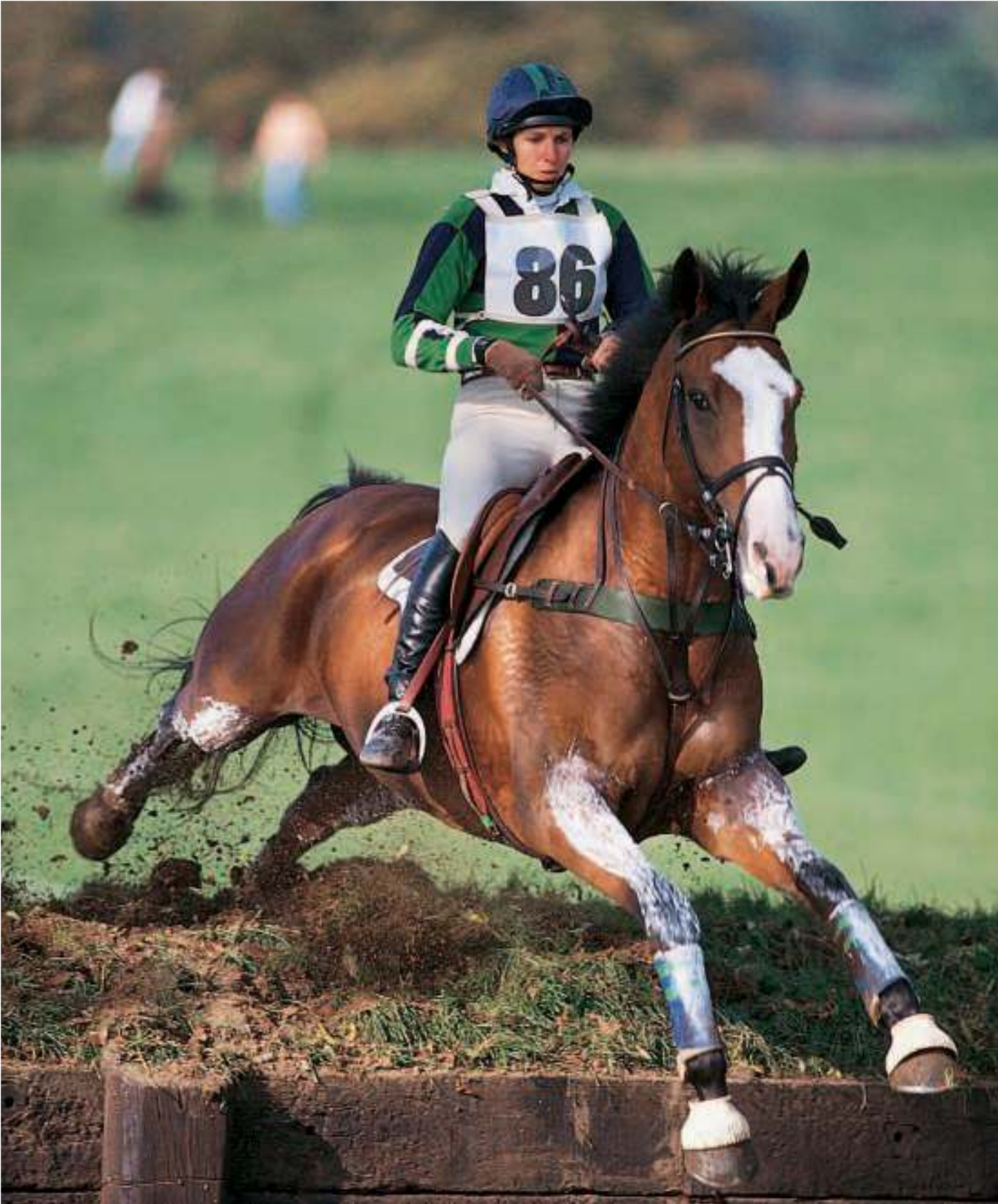
## PHYSICAL PREPARATION OF THE RIDER

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## HELPING YOUR ULTIMATE TEAM

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# FOREWORD

THE UNIVERSITY OF CHICAGO PRESS is pleased to announce the publication of the first edition of the *Journal of Applied Behavior Analysis* (JABA).

The journal is a peer-reviewed journal of research and practice in the field of behavior analysis. It is the only journal in the field that is required reading for all behavior analysts. The journal is published quarterly and is available in both print and electronic formats.

The journal is published by the University of Chicago Press, a leading publisher of academic journals and books. The journal is published in the United States and is available in other countries.

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Journal of Applied Behavior Analysis







# INTRODUCTION

1. The first part of the introduction discusses the importance of the topic and the objectives of the study.

2. The second part of the introduction discusses the methodology used in the study.

3. The third part of the introduction discusses the results of the study.

4. The fourth part of the introduction discusses the conclusions of the study.

5. The fifth part of the introduction discusses the implications of the study.

6. The sixth part of the introduction discusses the limitations of the study.

7. The seventh part of the introduction discusses the future research directions.

8. The eighth part of the introduction discusses the significance of the study.

9. The ninth part of the introduction discusses the contributions of the study.

10. The tenth part of the introduction discusses the overall findings of the study.

11. The eleventh part of the introduction discusses the overall conclusions of the study.

12. The twelfth part of the introduction discusses the overall implications of the study.

13. The thirteenth part of the introduction discusses the overall significance of the study.

14. The fourteenth part of the introduction discusses the overall contributions of the study.

15. The fifteenth part of the introduction discusses the overall findings of the study.

16. The sixteenth part of the introduction discusses the overall conclusions of the study.

17. The seventeenth part of the introduction discusses the overall implications of the study.

18. The eighteenth part of the introduction discusses the overall significance of the study.

**EASE AND EFFICIENCY:** If a riding exercise is done well, it will be easy. There is no need for great physical strength, just good training of both the horse and rider.

**WINDING DOWN:** Our relationship with the horse has always been based on more than pure performance targets. It is important to realize your responsibility to













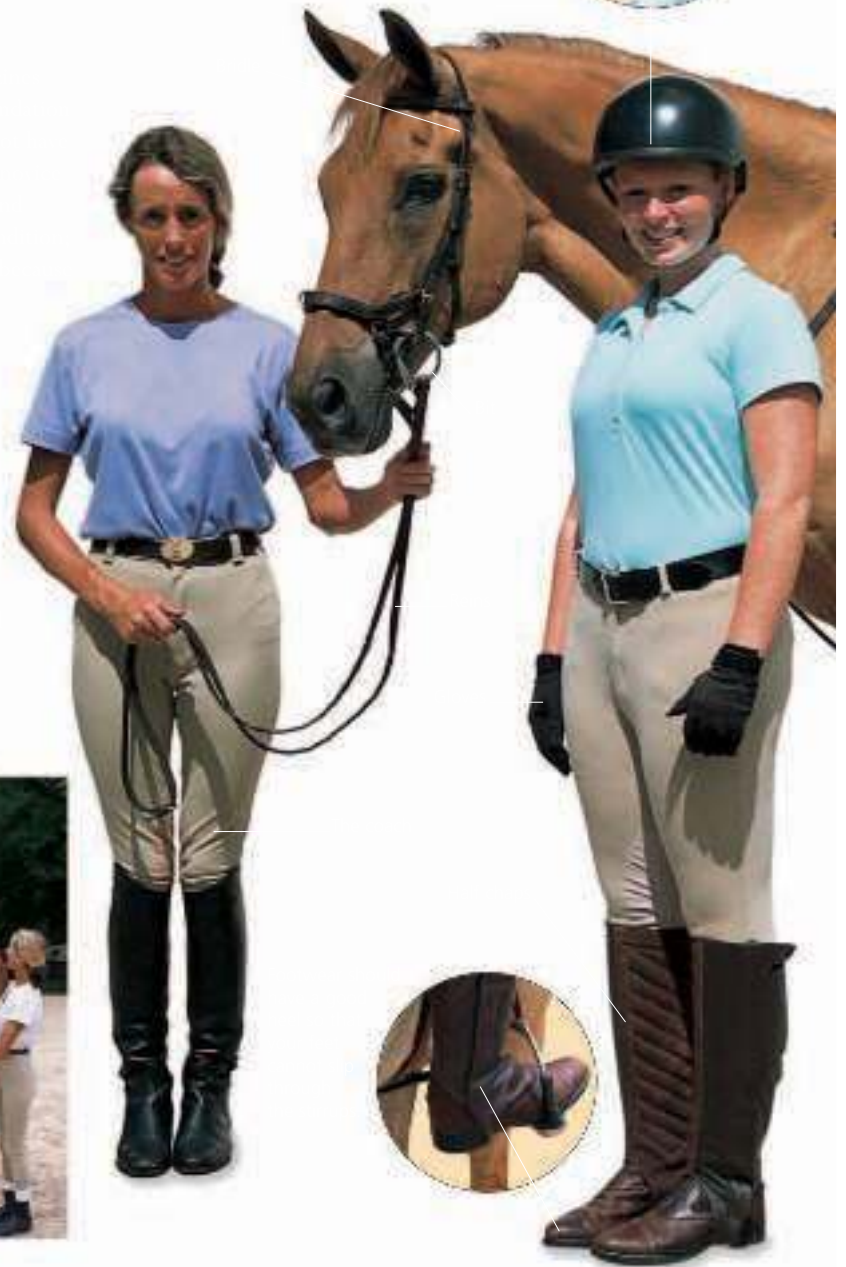
## CHAPTER ONE

# THE BEGINNER RIDER

Once you have found a suitable riding school and instructor, learning the basics of riding is not difficult, and you will be surprised at how quickly you progress. At the end of your first lesson, it should be possible for you to control your horse at a walk and at a trot in the riding arena, and even for you to be led out on a short trail ride. Once you have established the basics—getting on and off, starting, stopping, and steering—you can learn how to balance at a rising trot and even to canter. Having mastered these initial riding skills, it is only a small step to your first jump.

You may feel nervous at first, but there are ways to combat your fears. The simple techniques outlined in this chapter will provide the foundation for your progression to riding activities and equestrian sports at all levels.

# GETTING STARTED



## THE COACH

Look for a qualified and registered coach who is experienced in teaching novice riders. A good coach will answer all your questions about riding and, when you start lessons, will allow you to progress at a rate that suits you. Above all, he or she will encourage and motivate you, no matter what age or level you are.







## WHAT TO EXPECT FROM YOUR FIRST LESSONS

When you take your first riding lesson, you will learn the basics of riding. You will learn how to mount and dismount, how to hold the reins, and how to use the aids.

Your instructor will teach you the basics of riding, including how to hold the reins, how to use the aids, and how to sit on the horse.

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## USEFUL RIDING TERMS

There are some riding phrases that you will find it useful to understand before you start your first lessons:

**INSIDE AND OUTSIDE** When you are riding around an arena, your inside leg and hand are the ones on the inside of a bend, and your outside leg and hand are the ones on the outside of a bend. These terms are also used to refer to the horse's legs.

**RIGHT REIN AND LEFT REIN** If your right hand is on the inside, you are riding on the right rein. If your left hand is on the inside, you are riding on the left rein.

**OUTSIDE TRACK AND INSIDE TRACK** If you are riding around an arena close to the perimeter, you are riding on the outside track. If you are riding closer to the center of the arena, leaving room for a horse to ride on your outside, you are riding on the inside track. Pass oncoming riders left hand to left hand.



## AT THE RIDING SCHOOL

In a riding arena, there are certain rules to be aware of. Always be vigilant when entering or leaving the arena, and make sure that all the other riders are aware of your presence. Ask someone to help you open and close the gate—you should never leave the gate open while there are horses in the arena.

If you are walking, halting, or dismounting, do this away from the outer edge—the outside track—so that you do not get in the path of other riders who may be trotting or cantering around the arena. By following these simple rules, everyone can enjoy safe riding.





## A FIRST LESSON

It is possible to learn the basic techniques of riding in a short session, such as this 1-hour program. During this type of program, your coach will lead you through the basic riding skills, including getting on and off, sitting, walking, trotting, steering, and stopping. Before you start, your coach may suggest that you practice some of the basic techniques on a stationary wooden horse for 15 to 30 minutes, so you can get a feel for the saddle, hold the reins, and even practice the rising trot before you are introduced to your horse.

**INTRODUCTION** Your coach will take 5 minutes to get to know you and find out if you have had any previous riding experience. He or she will check your hat and footwear before introducing you to your horse and the main pieces of equipment.

**GETTING ON AND OFF** During the next 10 minutes, your coach will demonstrate how to get on and off. The horse will be held as you practice getting on with the aid of a large, solid mounting block. You will be shown how to sit naturally in the saddle, and then you will dismount and repeat the exercise. (See pp.20–21)

**WALKING AND TROTTING** Your horse will be attached to a lunge rope, and for the next 15 minutes will remain in the full control of your coach. This will allow you to concentrate on your balance and comfort at a walk and a trot without worrying about controlling your horse. You will not be holding the reins, but will hold on to the breastplate or grab strap. (See pp.22–23)

**STARTING, STEERING, AND STOPPING** This 15-minute phase is carried out on the lunge, while you practice the techniques for controlling and communicating with the horse. Your coach will teach you how to hold the reins, and show you the simple signals you can make to guide your horse. (See pp.24–25)

**REVISION AND PRACTICE** When you feel comfortable and relaxed in the saddle, your coach may take you and your horse on a lead rope on a 15-minute trail ride, so you can practice and enjoy your new riding skills.

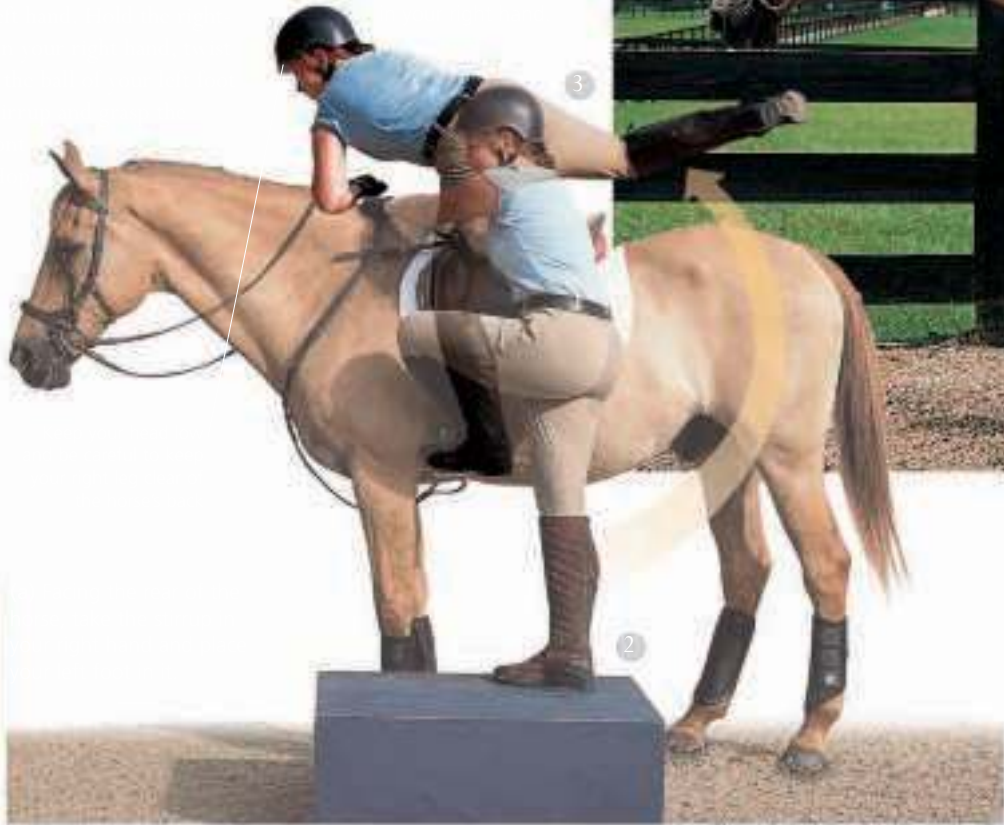


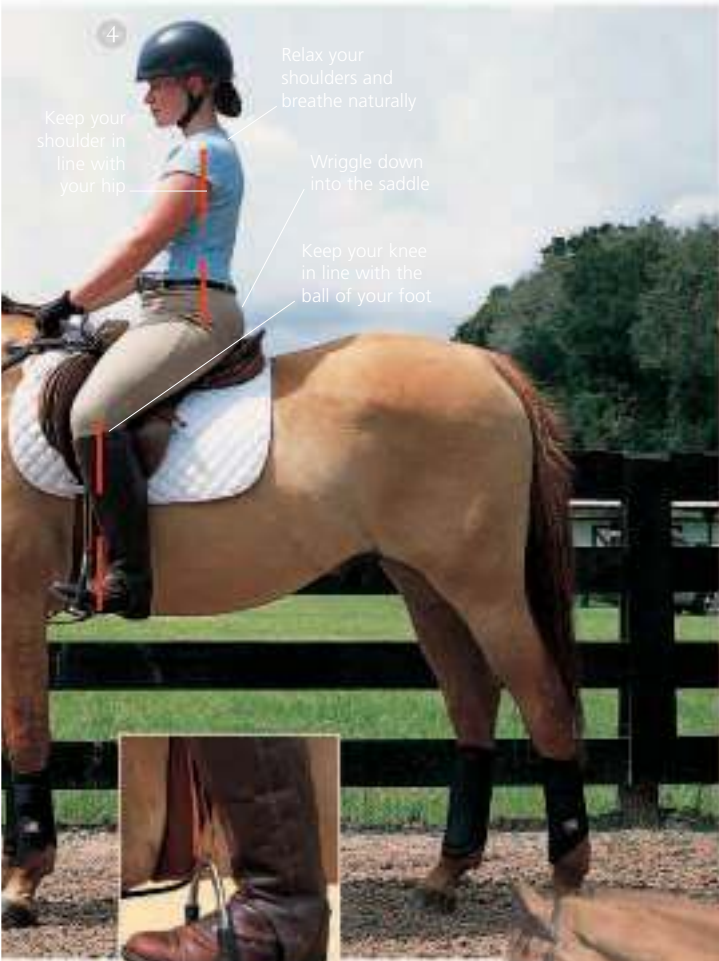
**A LUNGE LESSON** During a lunge lesson, focus on keeping in harmony with the horse's movements. Hold on to the front arch of the saddle for security, but avoid resting your weight on your arms, because this will unbalance you. In later lessons you will try taking your feet out of the stirrups and practice keeping your balance without their support.

# GETTING ON AND OFF



Hold the breastplate and the end of the reins.





Keep your shoulder in line with your hip

Relax your shoulders and breathe naturally

Wriggle down into the saddle

Keep your knee in line with the ball of your foot



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# WALKING AND TROTTING

## WALKING AND TROT

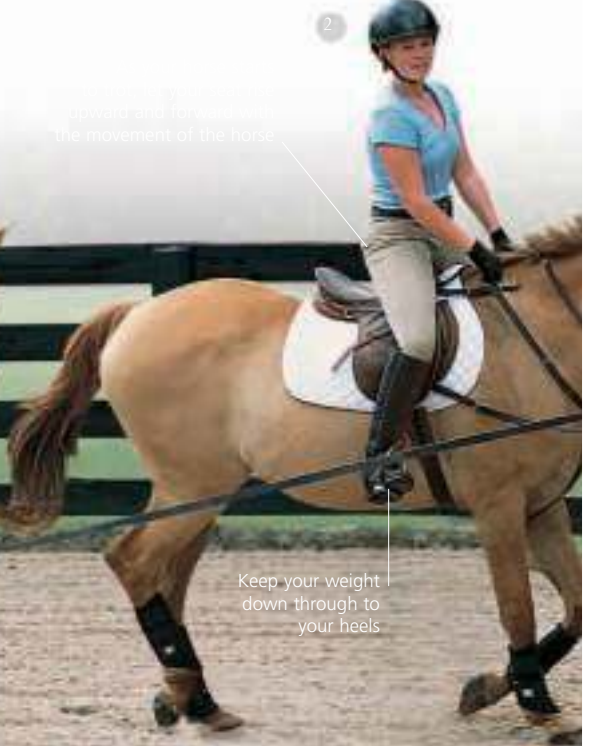
### THE RISING TROT

#### TRANSITIONING TO TROT

When transitioning from a walk to a trot, you should first ask the horse to walk and then speed up to a trot. The key to the rising trot is keeping your weight in your legs, not on your seat.



1. Your seat should go with the back's swing of the horse's back



2. Your seat should rise upward and forward with the movement of the horse

Lunge rope

Keep your weight down through to your heels

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