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Equestrian Life 101 Jumping Exercises Part One

101 Jumping Exercises (Part One) This article has appeared previously with Equestrian Life. To see what is in our latest issue, please click here. By Linda L Allen. Riding and jumping, like most other activities are best learned by doing. Practice is as essential for riders as ongoing training is for horses, no matter their current level.

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101 Jumping Exercises for Horse Rider by Linda L Allen

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.

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101 Jumping Exercises for Horse and Rider by Linda Allen

The ground pole exercises, even without any jumping, improve accuracy, security, balance, and control, while offering an easy and fun new aspect to riding in the arena. - Riders who are totally new to jumping, feel the urge to try it, and wish to do so in a way that is simple, safe, sensible, and fun.

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best beginner transition. The canter pole exercises come after about midway through the book and I found some of the distances to be a little off. Overall, a pretty good book that would benefit from a design change. 101

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Get this from a library! 101 jumping exercises for horse & rider. [Linda Allen; Dianna R Dennis] -- In this handbook, Linda Allen teaches exercises every horse and rider ought to know, from the simplest skills to the most complex techniques. As the exercises progress, so do their complexity,

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101 Jumping Exercises for Horse Rider Google Books

Linda Allen has spent more than 35 years in the equestrian industry, training, riding, jumping, competing, and designing courses. In 101 JUMPING EXERCISES FOR HORSE & RIDER, she provides a logical and consistent series of exercises presented in a fun and appealing way, with clear arena maps and straightforward instructions.

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101 Jumping Exercises For Horse and Rider by Linda L

Containing 101 jumping exercises every horse and rider should know, it starts with basic work over and around poles to help horse and rider establish and maintain a dialogue with each other. The exercises then progress in

complexity, teaching the rider correct technique, balance and confidence.

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What others are saying "This fun, simple jumping exercise helps riders of all levels improve straightness, turns, track riding and rhythm." "Even though this is a jumping exercise I feel like this is a great exercise to so on the flat if you substituted the mini jumps for poles."

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