

GAITS

| WALK | TROT | CANTER |
|---|--|---|
| Slowest gait. It consists of 4 beats. Your hips will move forwards and backwards. | It consists of 2 beats. Your hips will go up and down. There are two ways of trotting: sitting trot or rising trot , which requires to sit down during one beat and 'stand up' during the second beat. | Fastest gait you'll use in an arena. It consists of 3 beats, and your hips will move in a circular motion forwards. |

MOVING FASTER AND SLOWER

| LEGS AND SEAT | HANDS |
|---|---|
| To stop a horse, you can also try to sit 'deep' in the saddle (while not forgetting to keep contact with your legs). And if you want to move forward or faster, use your legs (press or give small touches with your heel, do not kick) | Hands will always be holding the reins. You can use them to make the horse slow down by gently closing your fingers around the reins. You DO NOT need to pull. You can also "open" your arm from your elbow to turn to the left or to the right, using the legs as well. If you want to turn to the left, you'll push with your right leg to the left and use your left rein and viceversa. |

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