Cheatography

Basics of equitation Cheat Sheet by skivaa via cheatography.com/202426/cs/42966/

WALKTROTCANTERSlowestIt consists of 2Fastestgait. Itbeats. Your hipsgaitconsists ofwill go up andyou'll4 beats.down. There areuse in anYour hipstwo ways ofarena. Itwill movetrotting: sittingconsistsforwardstrot or rising trot,of 3andwhich requires tobeats,backwards.sit down duringand your'stand up' duringmove inthe second beat.a circularmotionforwards.	GAITS		
gait. Itbeats. Your hipsgaitconsists ofwill go up andyou'll4 beats.down. There areuse in anYour hipstwo ways ofarena. Itwill movetrotting: sittingconsistsforwardstrot or rising trot,of 3andwhich requires tobeats,backwards.sit down duringand yourone beat andhips will'stand up' duringmove inthe second beat.a circularmotionmotion	WALK	TROT	CANTER
Your hipstwo ways of trotting: sittingarena. It consistswill movetrotting: sitting trot or rising trot, of 3of 3andwhich requires to backwards.beats, and your one beat and the second beat.and your move in a circular motion	gait. It consists of	beats. Your hips will go up and	gait you'll
and which requires to beats, backwards. sit down during and your one beat and hips will 'stand up' during move in the second beat. a circular motion	Your hips will move	two ways of trotting: sitting	arena. It consists
	and	which requires to sit down during one beat and 'stand up' during	beats, and your hips will move in a circular motion

MOVING FASTER AND SLOWER

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

By skivaa

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