

Aspiring Horseman Exercise:

Poles/Posture/Engagement Exercise

Goal: Develop straightness with engagement

Objective: In order to balance the horse, we need to be aware of our geometry, along with setting it up with bio-mechanical awareness. We are seeking straightness (alignment) and ultimately engagement.

(i.e. Greater hip angle, almost a a squat-type feel); This also builds strength;

Elements (Tactics) of Exercise:

- 1) Traveling down center-line, begin a half-pass to the wall
- 2) Carry a renvers (haunches-out) posture through the corner, along the short-side
- 3) Before reaching the ground poles, set-up along the long-side, about 12 meters from the corner...
- 4) Straighten, focus beyond the poles, and trot over the poles

As you prepare for the poles:

- Envision yourself riding in deep snow
- Bring your legs a bit back towards the flank
- Perhaps raise your hands just slightly
- Positive core – tighten tummy; Smile!

