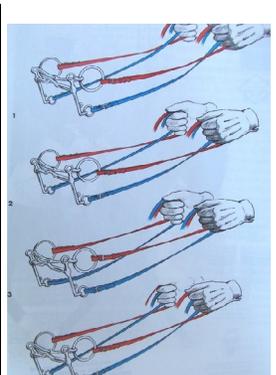


Correct Rider Position



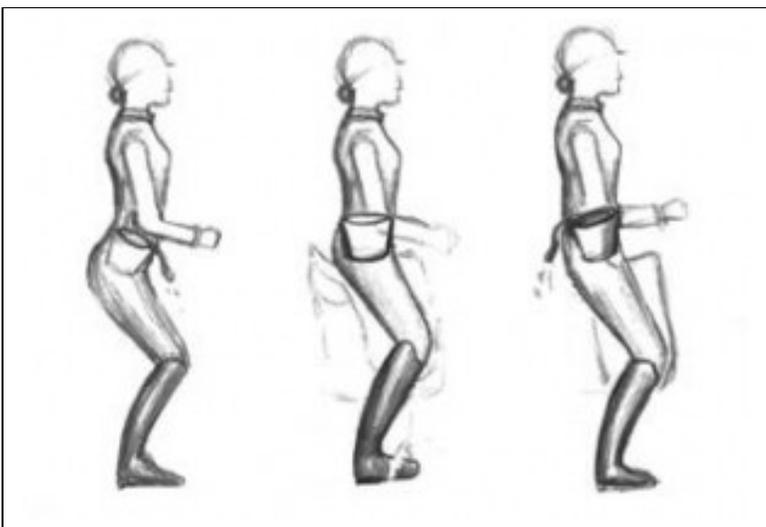
Both of these Riders Display Correct Independent Balanced Seat Position, With Correct Hand/Arm-Elbow and Leg Position

Correct Hand/Rein Position Showing Thumbs on Top!!

Acceptable Double Bridle Rein Hold Techniques, 90% of Riders use the Top Method

The picture above (Left) shows the correct position of the rider (here you can easily draw an imaginary line from the point of the riders shoulder, through the hip to the back of the heel.) with correct position of the leg for this movement (the Passage) being about 4 to 6 inches behind the girth asking the horse to perform this complex and demanding movement. In the picture above (at center) performing the collected trot finds this rider with a very correct seat and leg position once again with the leg just behind the girth which is the correct aid/signal for a rider asking for her mount to complete this highly collected trot. Picture above (at right) shows this rider holding her hand correctly in the vertical (thumb on top, pinky underneath) position rather than the incorrect and far less effective horizontal position (called "piano hands"). Note the very straight line created between the riders elbow and the bit, showing a straight and uninterrupted (or pinched) signal line to the mouth of the horse.

The following sketch (left) shows how incorrect alignment of the riders shoulders over hips and heels will cause an imaginary bucket of water to spill from the front of the bucket. This is caused when the rider is "in front of" the movement or point of balance. This is caused when the rider tips her hips forward and pinches them. The rider on the right is positioned such that the leg is not in alignment with the shoulders. This has caused the upper body of the rider to be "behind the vertical" or "behind the movement" and point of balance. Her bucket is spilling out from behind. If you draw an invisible line (on the center rider) from the "point of the shoulder to the hip joint then to the back of the rider's heel" the bucket stays full of water without spilling. This sketch shows the correct point of balance for a rider with a neutral hip position. The straight vertical alignment will not disrupt or impede the correct aids/signals and instructions to the horse.



In front of the Point of Balance Bucket Spills Contents out of Front

Point of Balance No Spillage

Behind the Point of Balance Bucket Spills Contents Forward

Correct Rider Position, Balanced, Showing Correct Hand Placement, Thumbs on Top, Pinky's on the Bottom, and Creating a Straight Line of Communication from Elbow To Horses Bit, Half Pass Right her Leg at the Girth..