



RAYNHAM VIRTUAL LESSON #2!

Horsemanship, riding tips & more!

WELCOME!

- Thank you so much to everyone for participating
- We'll progress from less advanced to more advanced topics
- I have already uploaded all of the videos to YouTube so if they are playing poorly, we can try having everyone watch them directly there.
- Please leave your mic on mute unless you are answering/asking a question!
- Feel free to ask questions!

Horse Boots

Brush Boots/Splint Boots

- These boots go by many different names, but are considered to be all-purpose boots because they wrap around the entire lower leg and can be used for a variety of different purposes.
- They cover the tendons, the cannon bone, and the inside of the fetlock, and often have additional padding on the inside of the leg (sometimes called a “strike pad”) to protect the medial (inside) splint bone from potential concussions.
- The outer shell can be made with materials such as neoprene or leather and are lined with neoprene, fleece, or wool. They are typically secured with Velcro closures.
- This type of boot can be used on the front legs and/or the hind legs, and are often used during turnout to protect the legs from the nicks, cuts, and knocks that can happen when your horse is having fun outside. They are also commonly used for flatting and light jumping, hence why they’re known as all-purpose boots – they can really handle it all!



Open Front Boots

- Open front boots focus their protection on the tendons in the front legs while leaving the front of the cannon bone exposed.
- These boots can be made from a variety of materials, but are typically designed to be both breathable and lightweight.
- They often feature specially designed cut outs to accommodate the flexion of the knee and fetlock while the horse is jumping.
- This type of boot is most commonly used for jumping because the design allows the horse to feel that they have touched an obstacle while still providing protection from an overreaching hind foot.



Bell Boots/Overreach Boots

- Bell boots, which are also known as overreach boots, are used on the front legs to protect the heels and to prevent a shod horse from their pulling shoes off by overreaching.
- They are commonly made from a durable rubber material, but can also be made of nylon, ballistic nylon, and leather-like materials.
- Some bell boots have fleece lining around the top to reduce the chance of rubbing, so look for that feature if you have a horse with sensitive skin.
- Depending on the style, the boots may need to be pulled on over your horse's hooves or they may be secured with Velcro.
- Bell boots are used in turnout as well as during exercise across all disciplines.



Shipping Boots

- Shipping boots are tall, protective boots that cover your horse's legs from knees to heels in the front and from hocks to heels in the back.
- They tend to be loose-fitting around the tops and bottom, where they need to flex to allow the horses to move.
- They are designed to protect the horse's legs while they are being shipped in the event that a loss of balance causes a cut or scrape.
- They are most commonly made of a durable nylon material with additional protection at the heels.



How to Put on Open Front Boots



How to Put on Open Front Boots





Intro to Jumping

Getting Ready to Jump!

- The rider has three jobs to properly prepare their horse for a jump:
 - **Speed:** *Coming in with the correct pace for the horse to comfortably negotiate the jump – not too fast, not too slow!*
 - **Balance:** *You want the horse to be in good self-carriage (weight on the hind legs)*
 - **Direction:** *Ride a smooth turn, so that you have your horse's body straight to the fence.*
- Once you are 2– 3 canter strides away from the fence, you do not want to make any more major adjustments so your horse can focus on the jump and when to take-off.
- Once your horse starts their jumping effort, your only job is to "stay out of the way", by going into your two-point position and giving a release with your hands over the jump.

Two Point Position or Half Seat

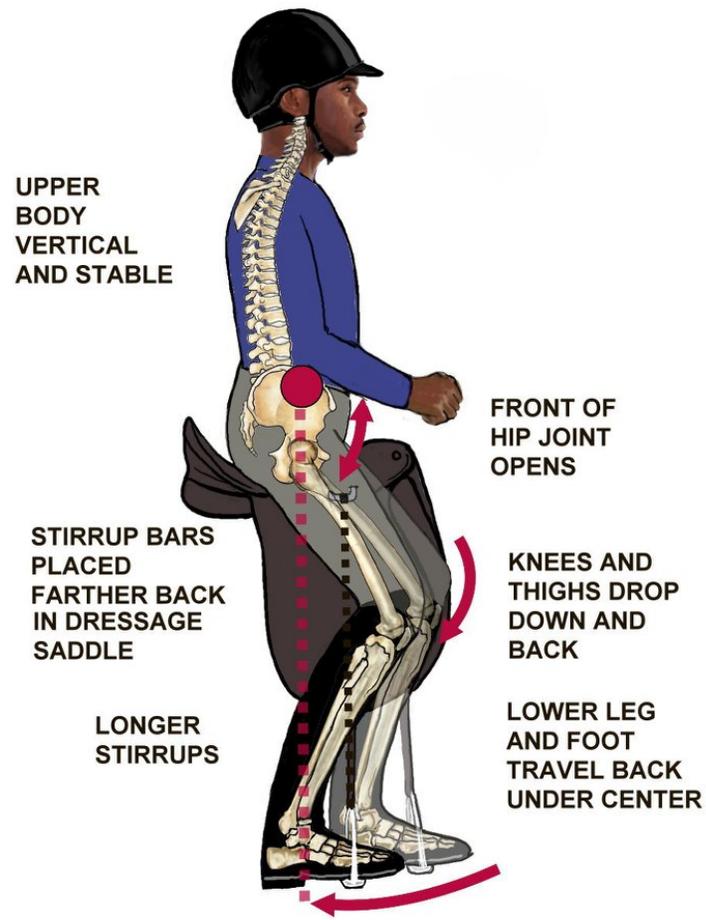
- Two-point is when the rider is balanced in a “squat” position with their seat lifted from the saddle.
- It is called two point because the rider’s legs offer two points of balance/contact with the horse (vs. three point, which would also have the seat a point of contact)
- The half seat may be ridden in any gait; it’s used for galloping, jumping, riding up and downhill, over ground poles and cavaletti, in cross-country, distance and trail riding, and as the “up” position in the posting trot. This position is easiest on the horse’s back because the rider is suspended over the saddle in balance, and his springy ankles, knees and hip joints act as shock absorbers. Young horses that have not yet developed their back muscles can benefit from being ridden in a half seat or light seat, as this encourages the horse to stretch and lift his back.



TWO METHODS OF BALANCE WITH FEET UNDER THE CENTER

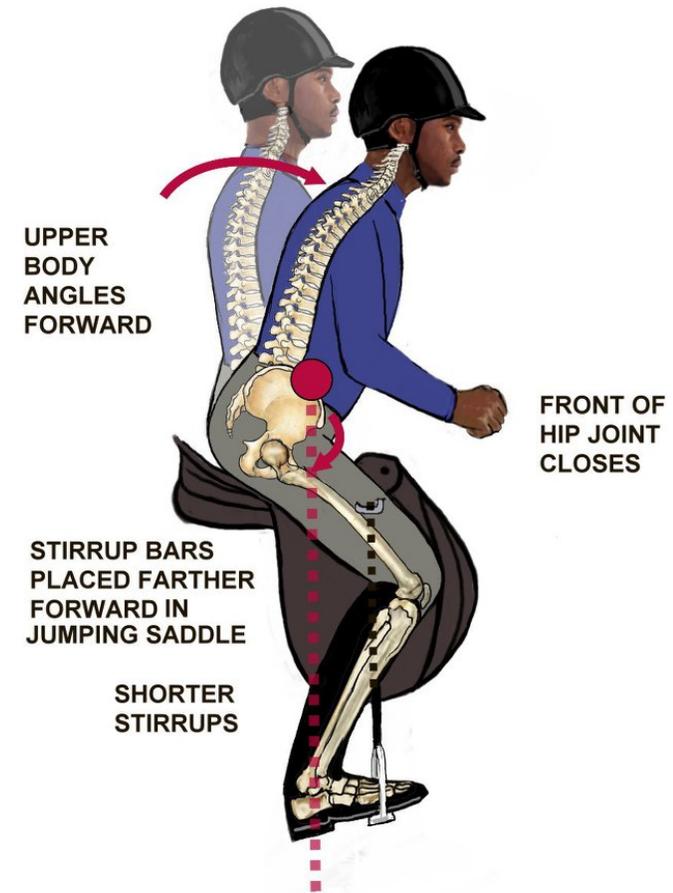
DRESSAGE SEAT

FEET AND LEGS ARE BROUGHT BACK UNDER THE CENTER



JUMPING OR FORWARD SEAT

CENTER IS BROUGHT FORWARD OVER THE FEET



WRONG AND RIGHT HALF SEAT / 2 POINT POSITION

STANDING UP,
OPENING THE KNEE,
LEANING ON THE NECK

CLOSING AT HIP,
KNEE AND
ANKLE JOINTS

STIFF
HOLLOW
BACK

BACK
FLAT

SEAT TOO
FAR FORWARD
AND UP

SEAT ABOVE BUT
CLOSE TO SADDLE

IMAGINARY
SEAT BELT

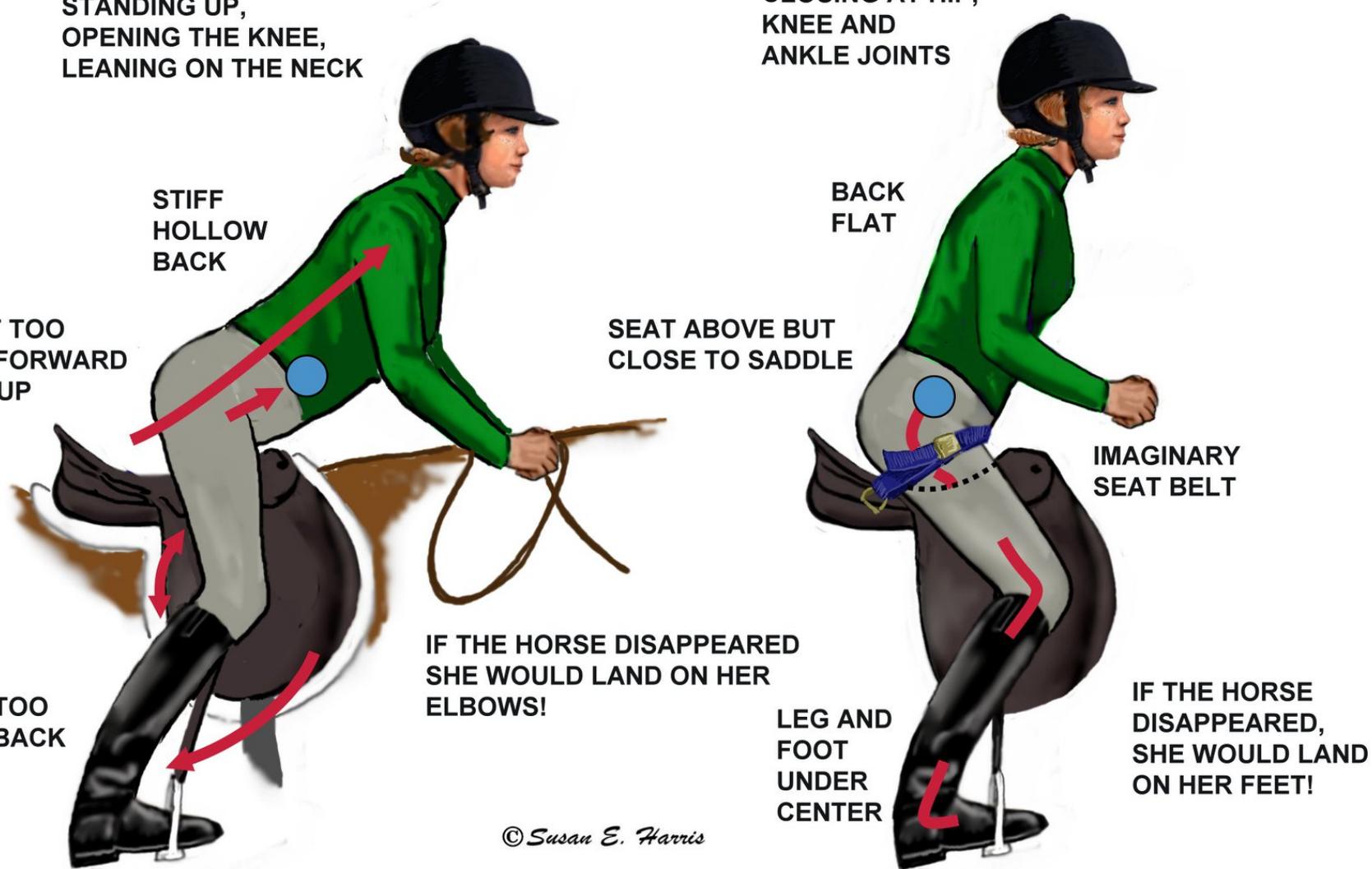
LEG TOO
FAR BACK

IF THE HORSE DISAPPEARED
SHE WOULD LAND ON HER
ELBOWS!

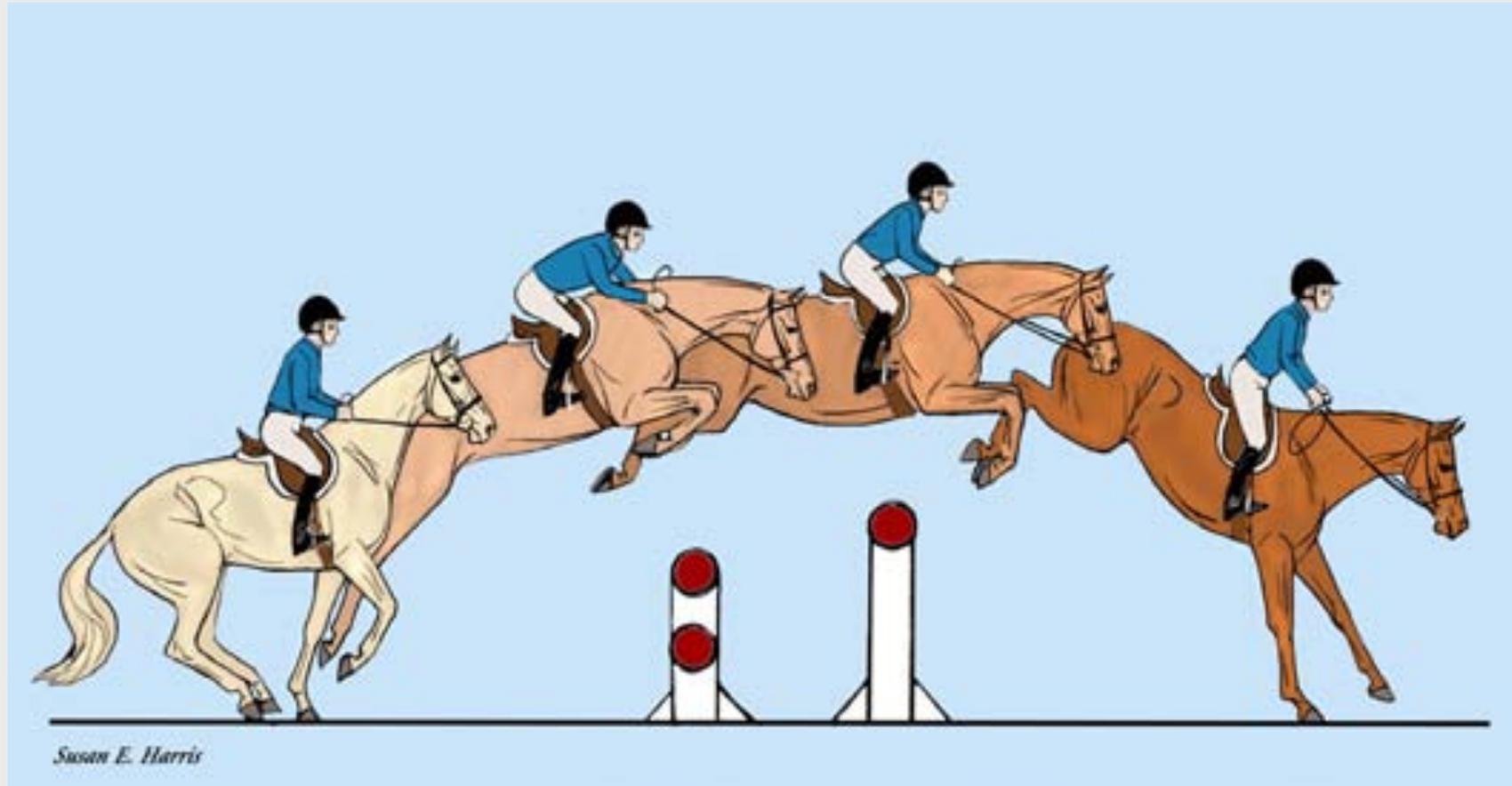
LEG AND
FOOT
UNDER
CENTER

IF THE HORSE
DISAPPEARED,
SHE WOULD LAND
ON HER FEET!

© Susan E. Harris



Position Over a Jump



THE 4 PHASES *of* JUMPING

→ What You Do, What Your Horse Does ←



1

PHASE 1: APPROACH

HORSE

Correctly places all four legs during the final stride before takeoff.

RIDER

Maintains an even, steady gait; looks straight ahead over jump.

2

PHASE 2: TAKEOFF

HORSE

Pauses forward momentum temporarily, gathering energy to power hind legs for the jump.

RIDER

Shifts weight into heels, leans slightly forward, following horse's momentum.

3

PHASE 3: FLIGHT

HORSE

Creates a "bascule" (round arc) over the fence, drawing forelegs up and swinging hind legs beneath the body.

RIDER

Maintains leg and heel position; follows motion of horse's head and neck with hands, creating a "release".

4

PHASE 4: LANDING

HORSE

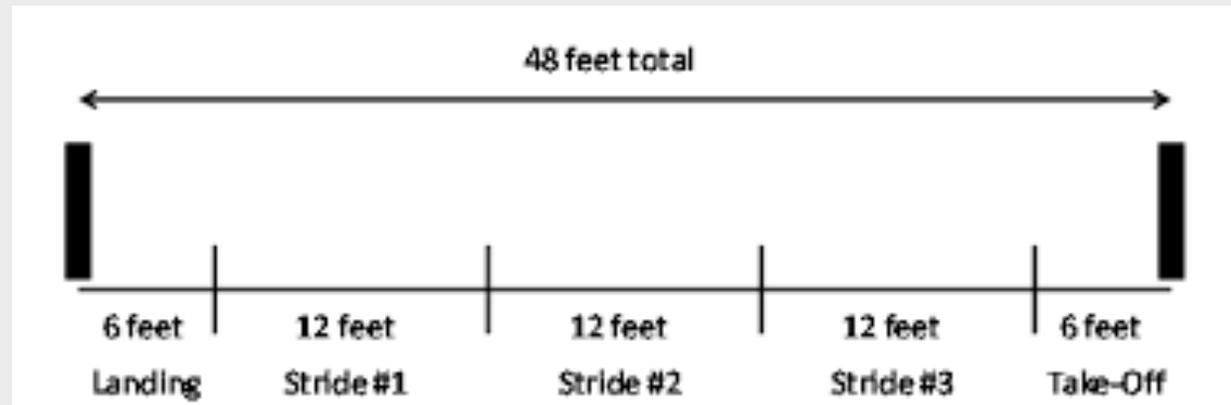
Lands on non-leading foreleg first, followed by leading foreleg and hindquarters.

RIDER

Continues to follow forward momentum with hands; sinks into heels to absorb the shock of the landing.

What is a Related Distance?

- Each horse's canter stride is approximately 12' (or 4m)
- A related distance is when two jumps are 7 or less strides apart
- Generally 3 strides or less is called a combination
- When jumping fences that are close together, the way a horse jumps the first fence will influence the second jump
- When measuring the **distance between two jumps** the convention is to allow 6 feet/2m for the landing of the first **jump** and 6 feet/2m for the take off of the second one.



Checking YOUR Stride Length



How to Walk a Line/Related Distance



How to Lunge

What is Lunging?

- **Lunging** is a method of **horse** training that involves driving your **horse** in a circle around you on a 20-meter rope called a **lunge** line using your voice and body.



Why do we lunge?

- to improve the horse's way of going. Rhythm, balance and coordination are all easier to master without a rider!
- to observe the horse from the ground (either checking for soundness or watching movement etc.)
- to take relax or warmup a tense horse before riding
- to work the horse without riding
- to teach voice commands
- to start a young horse before backing them
- to strengthen the horse
- to enable a rider to focus solely on their position

1) Know the equipment

Lunging equipment includes front/back brushing boots, front bell boots, a long (8m+) lunge line with a clip (no chain), side reins and saddle or surcingle, bridle or cavesson, and a lunge whip. Fitting the tack so that there are no flapping or loose pieces is vital. Understanding the reason for each piece of tack is essential.



Lunging Cavesson



Surcingle



Side Reins (Rubber Donut)

2) Set up a safe lunging environment

You need a clear space in an enclosed area to lunge. You must ensure the space has level footing to reduce the potential for horses slipping or causing damage to their legs. Enclosing your lunging area – using a round pen or creating a barrier around the space with cavalettis – helps your horse stay in a controlled circle.

3) Keep your circle large and round

Your circle should be 15m to 20m. Any smaller and your horse will put too much strain on their joints. While a little movement in the centre of the circle is necessary, too much movement is not desirable. If you start walking around in the centre of the lunging circle, the horse's circle will move to accommodate the shape you are creating. If the horse cannot make a symmetrical circle because the shape keeps changing, they will not be able to engage and find roundness, suppleness or rhythm.

4) Dress appropriately

Wear gloves to protect your hands from burns if the lunge line is pulled quickly. Always wear boots when working with a horse to protect your feet. Never wear spurs to lunge because if you are keeping a tight circle in the centre of your lunging circle, spurs can get caught on each other. A helmet is essential when working with a horse in motion – protect your brain!

5) Know the different methods for attaching a lunge line to your horse

A lungeing cavesson is ideal, but does not always fit the horse you are lunging. A normal halter can be used by less experienced handlers. For those with more experiencing lunging who are using a bridle, there are two commonly used methods:

- Barnum Method – Pass the line up through the bit ring over the horse's head and snap to the top of the bit ring on the outside of the horse's head. It is commonly used, however it needs to be completely undone when changing direction.
- Alternate (or Noseband) Method – Lunge line is wrapped around the cheekpiece on the left side, passed across the nose, wrapped around the cheekpiece on the right side, then clipped back to the line under the horse's jaw. This method allows for changes of direction with no change in contact.

6) Keep your lunge line organized

The hand at the front of the circle (the direction the horse is moving) is the connection to your horse. The line should be untwisted to ensure clear communication. The lunge line can be held between thumb/forefinger like a sword or coming up through your hand from between ring/pinky to between thumb/forefinger like a rein. Holding the lunge line in two hands allows you to feed or collect the line as needed. Never wrap the line around your hand. Instead, use large loops, or butterfly the line back and forth across your palm. Practice holding both lunge line and whip and using them effectively. They must not trail on the ground as they become tripping hazards for the person lunging.

7) Keep the pace controlled

Keep to slower paces when starting to lunge. Lunging a horse out of control can cause a dangerous situation to develop very quickly. Teaching your horse to lunge quietly and respectfully will make the work being done more effective and useful.

8) Use your voice

One of the most effective aids you have when lunging is your voice. Volume tells your horse both how confident you are and keeps their attention. Intonation tells your horse the direction of a transition (i.e.: “If the tone goes up: tr-OT this tells the horse go up to trot”). The cadence of your voice tells your horse the pace being directed. Use the number of beats in the pace (i.e.: “Tr-ot, and Can-Ter”).

9) Use your body

You can move your body to influence your horse. The neutral position faces the direction the horse is travelling, turning more toward the direction of travel if the horse needs to be encouraged to move forward. To slow the horse down, use a slight tug on the lunge line and move toward the front of the horse facing slightly backward. As you become more experienced, you can also use the perimeter of your lunging area to slow the horse.

10) Practice, Practice, Practice

Practice as much as you can with as many different equine partners as possible. Practice under the guidance of a certified coach.

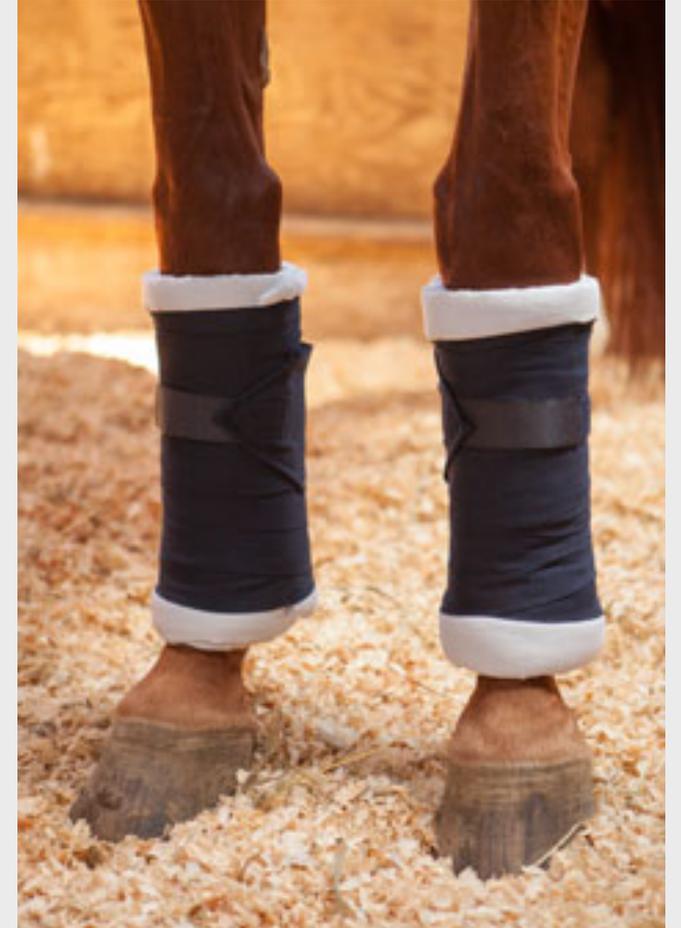




Standing Wraps

What are Standing Wraps?

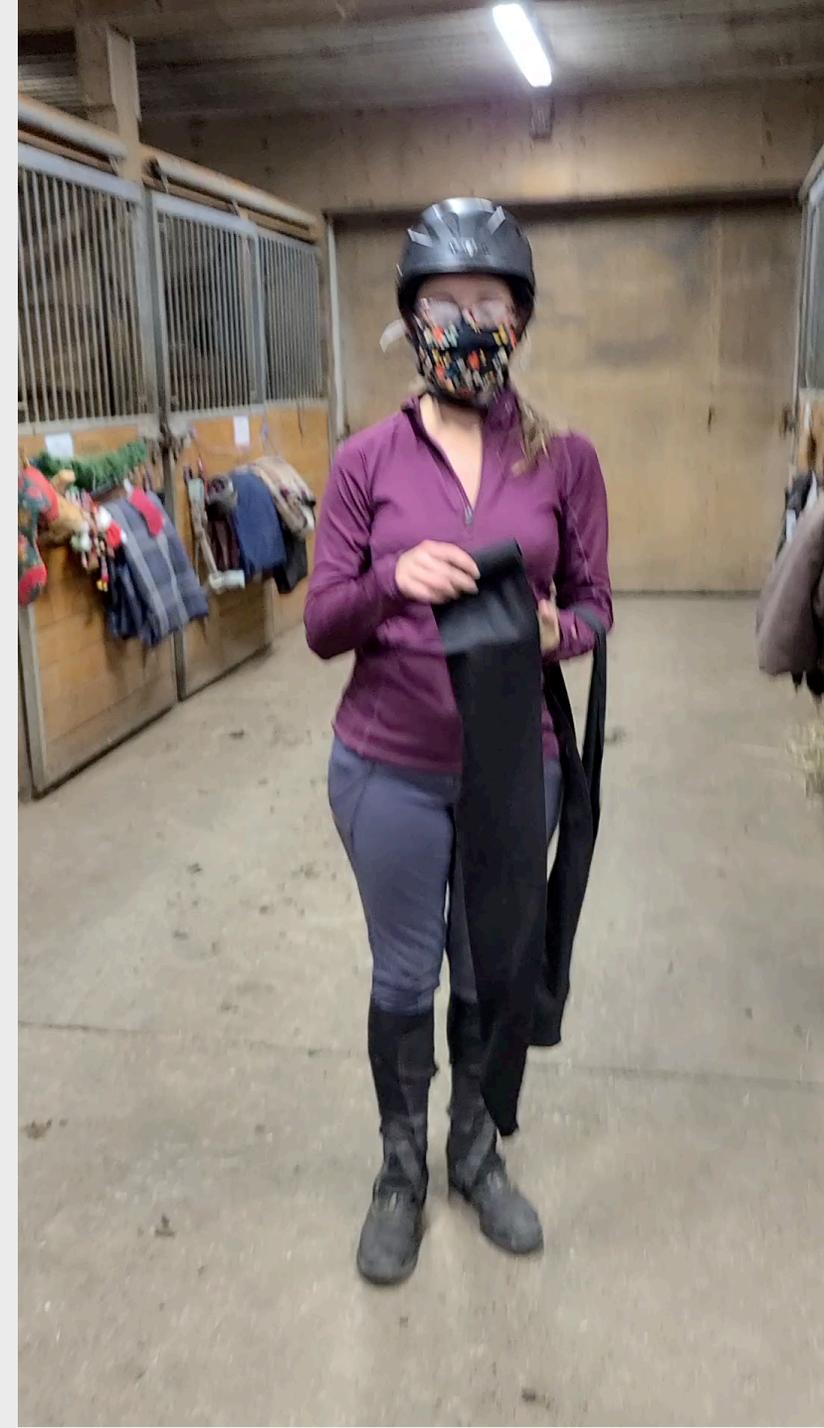
- The standing wrap is the most basic bandage used on a horse, and one that every horseman should know how to do properly. It's also important to understand when and why to bandage a horse for his optimal health and well-being.
- A standing wrap—which comprises a cotton base or quilted fabric with a bandage to hold it in place and is applied to the horse's lower leg—is used for a variety of reasons and with or without additional substances on the legs.
- Standing wraps give your horse's leg support, provides warmth and promotes circulation to prevent the leg from filling with fluid, commonly called stocking up. This type of application can be used if a horse tends to stock up while standing still, especially after hard work, or on stall rest.
- After very hard work, you can also apply a liniment (such as rubbing alcohol or witch hazel) directly to your horse's leg under the wrap to help stimulate blood flow. To try to reduce heat or inflammation, you can apply a poultice under a standing wrap.



How to Remove Standing Wraps



How to Correctly Roll Wraps



How to Put on Standing Wraps

