# Horse handling and training series

## Part 3: Rider position – Answers

1. In a few sentences, why it is important for a rider to train their body to be able to educate a horse, and train their body to be athletic?

Horses do not naturally possess the strength, straightness, and suppleness to be able to travel in consistent engagement. These characteristics are acquired from training and require ongoing education and guidance by the rider. Being a more athletic rider allows for more effective and compassionate training and guidance of the horse.

1. Where should the body be positioned?

The rider’s body should be in the centre of the crucifix or the centre of the horse.

1. Where should the heels be positioned?

The heels should be positioned in line with the hip or slightly in front of the hip.

1. List the 3 positions that the body through the waist can be in.
* The neutral position (sitting straight up)
* Leaning back onto your pockets
* Leaning slightly forwards
1. Describe where the hands should be positioned. Should the hands always be in the same position?

The rider’s hands should always be in the athletic position, in front of the saddle. The position of the rider’s hands is dependent on the horse’s education and the exercise that the rider is doing.

1. Why would a rider use flexion with one rein?

A rider would use flexion with one rein to educate the horse to use flexion.

1. List some of the benefits of using one rein flexion.
* Improve balance
* Improve suppleness
* Improve responsiveness
1. Where should the outside hand move when doing one rein flexion?

The outside hand should move forward to allow the horse’s head to flex around.

1. What is the furthest point that the horse’s nose should come to when doing one rein flexion?

The furthest point that the horse’s nose should come to when doing one rein flexion is the point of the shoulder.