

# horseywyse guide to a good riding position

If not collecting your horse, keep rein contact LIGHT and to a minimum...the more you pull on a horse's mouth, the more he will pull back.

**BREATHE**  
& relax!

Reins between the first four fingers and your little finger.

Straight line between the horse's mouth and your forearms.

Lower leg and knee joint soft and relaxed (avoid gripping).

Hands soft and 'giving', wrists flexible. NEVER jerk a horse's mouth!

Head balanced over the body... avoid looking down.

Ears, shoulders, hips and heels in alignment.

Shoulders back, sit up straight and avoid slouching.

Arms and elbows close to your body without being tense.

Body soft and supple, absorbing the horse's movement as much as possible.

When sitting at the trot, pretend there are eggshells on the saddle and you don't want to break them!

Toes in, heels down

**ALWAYS** wear a protective hat and proper footwear!

