

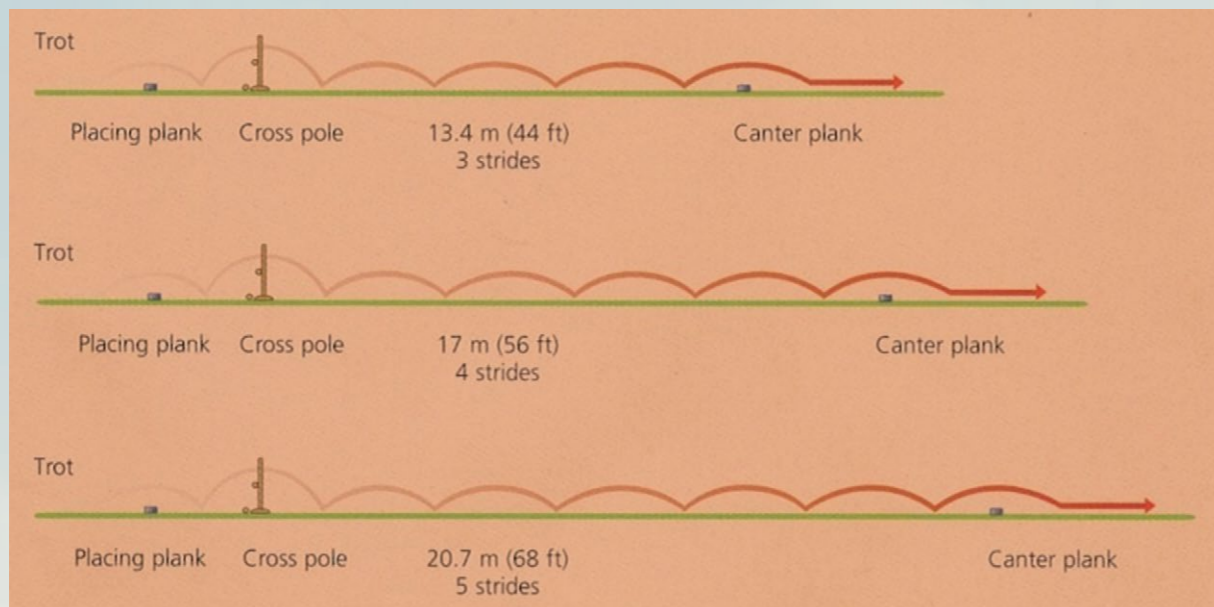
# TRAINING TIPS

## FEELING A STRIDE

By KHALED ASSEM

TO BE EFFECTIVE, A RIDER HAS TO DEVELOP HIS KNOWLEDGE OF THE JUMPING EXERCISES AND THEIR EFFECT ON HIMSELF AND ON HIS HORSE. THE AIM HERE FROM THOSE EXERCISES IS TO ACQUIRE THE FEELING AND THE SKILL OF DETERMINING THE RIGHT TAKE OFF POINT TO THE FENCE.





*Horse Riding Manual*

When approaching a fence, the rider has to be aware of his horses' stride length and through his guided flat work, he should be able to stretch, lengthen or shorten this stride in order to be able to adjust easily his approach and accordingly his take off point. The rider has to be aware that there are other elements that help in finding the right take off point, and those are his pace, the balance of the horse, straightness and finally feeling the stride.

A good coach will develop his riders' feel of distance and accordingly take off point by firstly helping the rider develop harmony and feel on the flat by moving through his center and sensing what is happening with his horses' stride through extensions and collections while maintaining good balance.

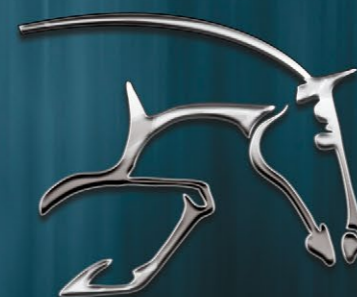
Secondly, by introducing grid work/gymnastics to develop the rider's position and technique progressively.

Thirdly by teaching the rider to count strides where the rider would eventually be able to feel the end of each stride loading to the take off.

*Some Info from "Complete Horse Riding Manual" Book by William Micklem*

*About the author:*

*Eng. Khaled Assem is a certified Level 2 PO Preliminary level 3 FEI trainer. He has been training Locally for over...30 years, competing internationally for over 15 years. He has been training locally for over 30 years.*



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2, Bahgat Ali Street, Zamalek, Cairo - Egypt  
 Tel & Fax: +2 02 27356939 +2 02 27354348  
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 www.equicareproducts.com