

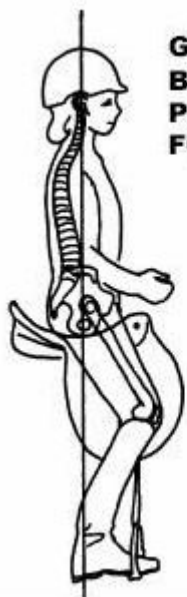
Are you the Correct HEIGHT?

When you ride at the correct stirrup length for flat work your foot should not be below the elbows of the horse/pony.

It is important to ride a horse/pony that is the *correct size for your body not just your weight.*

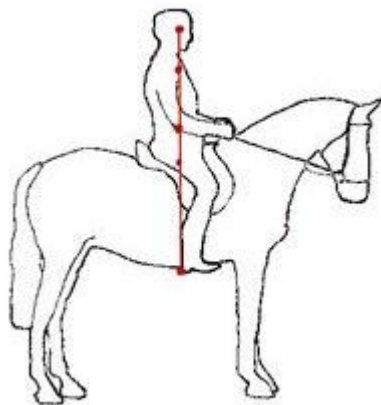
WHY?

- It will naturally be easier to ride as you will be in BALANCE
- You will ride better as you will not be compensating for being too tall
- It will help develop a correct seat & independent hands
- The overall impression will be balanced and look in harmony

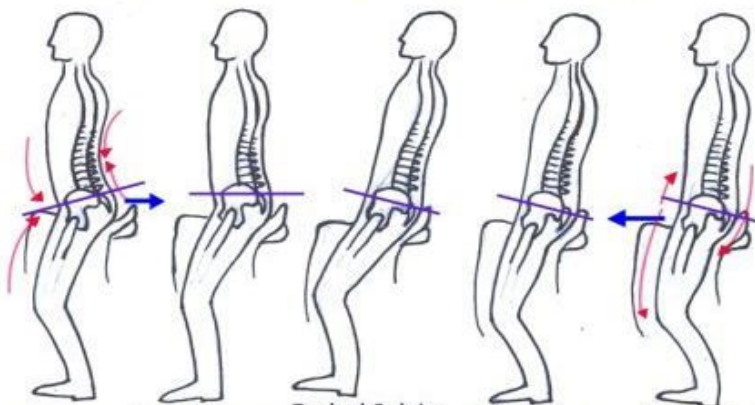


GOOD BALANCED POSITION FOR FLAT:

- Eyes up
- Arms hang beside ribs
- Knees and ankles relaxed
- Head balanced
- Back straight
- Balanced on seat bones
- Feet and legs under body
- Heels down



The Evolution of the Rider



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|---|--|--|---|---|
| <p>Fork Seat</p> <ul style="list-style-type: none"> - Dropped pubic bone - Seatbones pointing backwards - Hollow lumbar back - Closed hip joints - Slack abdominals | <p>'Upright' Seat</p> <ul style="list-style-type: none"> - Seatbones pointing downwards - Pelvis transitions into fork seat each stride - Passive abdominals - Disengaged leg | <p>Tucked Pelvis: Initial Stage</p> <ul style="list-style-type: none"> - Pubic Bone Lifted - Upper body back to assist pelvic rotation - Lumbar back stretched - Abdominals engaged - Leg not yet formed | <p>Tucked Seat + Engaged Leg</p> <ul style="list-style-type: none"> - Strong core muscles maintain pelvic tuck and allow more upright upper body - Supple hips stretch to allow engaged leg position | <p>Full Postural Strength</p> <ul style="list-style-type: none"> - Core muscles at full strength, with stretched psoas muscles, allow stability of pelvic tuck in upright posture. - Leg position developed with strong rear-thigh muscles, and stretched calves |
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