

Chapter 1 : Horse Care and Riding game - Games for Girls

Horses move their heads when they move, and if a rider does not accommodate this movement, they will have the reins pulled through their hands. This leaves the rider with little contact on the bit, or ability to cue the horse with the reins properly.

Richard, Graduate Assistant Safety Astride With your horse properly and safely tacked, you are ready to mount, provided you have checked the girth at least twice for tightness. Walk the horse out of the barn with the reins pulled over its head. Do not let it drag on the ground. Maintain a slack, but firm hand on the reins even while leading. Never mount in the barn aisle or in the stall. If the horse suddenly rears or bolts for the door while you are mounted in the barn, you could be seriously injured. Always mount in an open area. Do not mount near fences, trees or overhanging projections. Your horse should be trained to stand perfectly still and quiet while you mount. If the horse should move while mounting, pull sharply on the reins with your left hand. By pulling harder on the left rein than the right, the horse will circle around you instead of walking away. Mounting With the horse in a cleared area, you are ready to mount. Before you do, however, check the girth to see that it is secure and tight. While facing slightly towards the rear of the horse, hold both reins in your left hand just above the withers. Be sure to take up the slack of the off-side rein. Make sure the extra reins, known as the bight, are arranged along the shoulder of the horse neatly, to avoid the possibility of getting caught in the stirrup. With your left hand resting slightly ahead of the pommel, grab a handful of mane along with the reins. A large clump of mane does not hurt the horse when pulled as much as jerking on its mouth does. With your right hand, turn the stirrup iron towards you. Place your left foot far enough into the stirrup so that the stirrup is past the ball of the foot and the foot is secure. Now turn and face the horse as you grab the cantle of the saddle with your right hand. Usually a single bounce on your right leg will enable you to stand up in the left stirrup. If you are shorter or have weak knees, you will need to pull with your arms, also. Balance your weight between your arms and your left leg. Move your right hand from the cantle to the offside of the pommel while at the same time swinging your right leg over the horses croup and letting yourself down into the saddle. This can startle the horse into moving and knocking you off balance. Once in the saddle, place your right foot in the stirrup and take the reins in both hands. Assistance in Mounting To get a leg up, face the horse, take the reins and a chunk of mane in your left hand above the withers and grasp the cantle in your right hand. Stand close to the horse and bend your left leg at the knee. Your helper should hold your left leg at the knee and ankle. With the combined effort of you bouncing up with your right foot, while keeping your left knee and leg close to the horse, your helper lifts you upward. A proper lift should be high enough to allow you to swing your right leg over the croup without kicking it. The leg up and mounting block should not be used as a substitute for learning the proper way to mount. Unless you are physically unable to mount by yourself, these mounting aides should not be used on a regular basis. You should learn to mount by yourself because, at times, mounting aides will not be available. Dismounting Before the horse takes a step to begin your ride, you should learn how to dismount safely. Dismounting is basically the reverse of mounting. Simultaneously move your right hand to the cantle and balance yourself with your hands. Remove your left foot from the stirrup and jump gently to the ground. As you jump to the ground, do not push yourself away from the horse. Always maintain control of the horse as you descend. Riding Safely If the horse is excited and full of energy, turn it out for exercise or lunge it before you ride. This allows the horse to expend some playfulness and also warms up the horse under controlled conditions. Once mounted, walk the horse a few steps and then check the girth for the third time. Also check to see if the stirrup leathers are at a comfortable and proper length. If you are riding in a group, wait until others are mounted and ready before you leave. Always walk the horse away from the barn. Never let the horse run to and from the stable. This is a bad habit that should not be tolerated. Walk the last mile back to the barn to help cool the horse. Always keep a secure seat and remain alert at all times. The rider should never be just a passenger, but rather an active participant. Horses become frightened easily at sudden movements, loud noises, and new objects. If the horse becomes frightened by a noise or object and attempts to run, remain calm, speak to it quietly, then turn it in a circle and tighten the circle until it stops.

Make sure the footing is safe and the area is clear before you do this. Once you have steadied the horse and regained control, give the horse time to look at the object that frightened it. Then ride or lead the horse by the obstacle, watching the horse for its reaction. A horse that frightens easily needs to be constantly reassured by the rider. Seek out a wide variety of frightening situations and use them in a training program to reassure the horse that there is nothing to fear. Until you become familiar with the horse, limit your riding to enclosed areas. If the horse is excitable or nervous, have a friend ride with you to help in a problem situation. Avoid riding in a field or pasture that contains loose horses. Curiosity may bring the loose horses running towards the horse being ridden and frighten it. When going up or down a hill, do not run. Lean forward slightly when going down a steep hill to free the hindquarters of the horse. The horse needs to use its head and neck, as well as to keep its hindquarters under it to maintain balance. Let the horse pick its own way over rough ground or in loose footing such as sand, mud or snow, where there is a danger of slipping. Maintain a hold on the reins, but do not guide the horse. Let the horse choose the easiest path. Do not allow the horse to eat while you are riding because control of the horse is lost when its head is all of the way to the ground while grazing. In this position, the horse is not paying complete attention to the rider and may attempt to take command. The horse loses respect for the rider and, if allowed to continue with its bad behavior, will become a problem mount that wants to eat and not work. Never fool around while on or around the horse. Horseplay is for horses only, not horses and riders. Horseplay is dangerous to you, your horse, your friends, and anyone who may be nearby. Be extra careful while riding bareback. Always ride with a bridle on the horse. Riding with only a halter does not give you sufficient control. When you come upon a rider proceeding at a slower pace, approach slowly, indicate verbally you want to pass, and continue cautiously to the left side of the horse you are passing. Do not crowd the horse. Never rush past slow horses or any horse. The sudden movement may not only frighten both horse and rider, but may lead to an accident. When riding in a group, ride abreast or at least 1 full length about 8 feet behind the horse in front of you to avoid being kicked or struck. It may be necessary to try several arrangements to find one in which all of the horses are manageable. If the horse attempts to bite or kick, it should be reprimanded immediately. A kicker must have a red ribbon tied in its tail to warn other riders to stay back. With careful attention to timing, most horses can be trained not to kick.

Riding on Roads When crossing public roads, cross as quickly as possible, but do not run. All horses should cross at the same time and only in areas where cars can clearly see the riders and have an opportunity to slow or be able to stop. In areas of heavy traffic, it is safest to dismount and lead the horse across. At times, it may be necessary to ride on paved surfaces or on the narrow shoulder of the road. Walking is the safest speed, but in general, do not proceed faster than a trot. If you ride along the shoulder or in ditches, watch out for trash that could injure or frighten the horse. If the gravel is large and sharp, your horse may require pads under its shoes. If you frequently ride on hard-surfaced roads, the horse should wear special shoes capable of gripping these surfaces. If you must ride on roads or highways, stay on the side required by law. The law varies from state to state, so check with your state motor vehicle office for details. Most of the time horse traffic must move in the same direction as vehicular traffic, but occasionally this will be impossible. Keep in mind the laws regarding horses on public roads and use your best judgment.

Chapter 2 : Reining - Wikipedia

How to Ride a Horse. Riding a horse can be a fun experience. However, it takes a great deal of training and experience to learn to ride a horse properly. Make sure you know how to mount, steer, and signal your horse to move properly.

You can help by adding to it. January Handling, riding and driving horses has a number of health risks. A study in Germany reported that the relative risk of injury from riding a horse, compared to riding a bicycle, was 9 times higher for adolescents and 5. Other findings noted that helmets likely prevent traumatic brain injuries. Approximately hours of experience are required to achieve a substantial decline in the risk of injury. The survey authors conclude that efforts to prevent equestrian injury should focus on novice equestrians. Mechanisms of injury[edit] The most common injury is falling from the horse, followed by being kicked, trampled and bitten. About 3 out of 4 injuries are due to falling, broadly defined. Furthermore, the study noted that in Germany, one quarter of all sport related fatalities are caused by horse riding. Some possible injuries resulting from horse riding, with the percent indicating the amounts in relation to all injuries as reported by a New Zealand study, [21] include: Most frequent injury sites are the lower trunk Within this study patients were treated and released Statistics from the United States, for example, indicate that about 30 million people ride horses annually. Of those, about 60 die each year from their brain injuries. About two-thirds of all riders requiring hospitalization after a fall have sustained a traumatic brain injury. When a rider falls with a helmet, he or she is five times less likely to experience a traumatic brain injury than a rider who falls without a helmet. In addition, helmets should be replaced every three to five years; specific recommendations vary by manufacturer. In , the United States Equestrian Federation passed a rule making helmet use mandatory while mounted on competition grounds at U. Georges and above is also riding a test at Fourth Level or below, he or she must also wear a helmet at all times while mounted. In female high-level athletes, trauma to the perineum is rare and is associated with certain sports see Pelvic floor Clinical significance. In men, sports-related injuries are among the major causes of testicular trauma. In a small controlled but unblinded study of 52 men, varicocele was significantly more common in equestrians than in non-equestrians. Horse racing is a popular equestrian sport which is practiced in many nations around the world. It is inextricably associated with gambling , where in certain events, stakes can become very high. The races themselves have also proved dangerous to the horses – especially steeplechasing , which requires the horse to jump hurdles whilst galloping at full speed. This can result in injury or death to the horse, as well as the jockey. Some specific training or showing practices are so widely condemned that they have been made illegal at the national level and violations can incur criminal penalties. The most well-known is soring, a practice of applying a caustic ointment just above the hooves of a Tennessee Walking Horse to make it pick up its feet higher. However, in spite of a federal law in the United States prohibiting this practice and routine inspections of horse shows by inspectors from the United States Department of Agriculture , soring is still widespread and difficult to eliminate. Among these are horse-tripping, a sport where riders chase and rope a loose-running horse by its front legs, throwing it to the ground. A investigation by The Observer in the UK found that each year 6,000 horses are slaughtered for consumption abroad, a significant proportion of which are horses bred for racing. Demand has increased for this massive breeding programme to be scaled back. On the obverse of this coin, the modern horseman is pictured as he jumps over an obstacle, while in the background the ancient horseman is inspired by a representation on a black-figure vase of the 5th century BC. For the Olympics, the Royal Mint has produced a 50p coin showing a horse jumping a fence.

Chapter 3 : The Health Benefits of Horseback Riding – Health Fitness Revolution

Horse&Rider encompasses everything today's active, Western rider craves to live his or her best horse life by providing expert western horse training tips, trail-riding insights, horse-care advice, and inspiration to live Today's Western Horse Life.

Today, our dependence on these large mammals is non-existent and horseback riding has become recreational. There are many obvious health benefits to riding, including strong core and legs, but there are also many less obvious benefits, such as boost in confidence and meditation. Horses are even used in therapy for mentally disabled children- which only proves further how healthy they are! Horseback riding really works the core muscles that stabilize the trunk: The more you ride, the more the body learns to move with the horse. There are many movements that need to happen simultaneously while riding for the horse to be properly guided- this is what coordination consists of. Therapeutic riding programs for the sight-impaired have had a lot of success developing better coordination. Horseback riding is an isometric exercise, which means it uses specific muscles to stay in certain positions, in this case, keeping balanced on the horse. Because of this, postural strength is very important when riding and the posture of riders improves even in day to day activities. **Muscle Tone and Flexibility:** Along with the core muscles, the inner thighs and pelvic muscles get the biggest workout as a rider positions himself or herself. Riders often have to maintain a squatting position while they ride, constantly adjusting to the cadence of the horse. This exercise helps with good overall muscle tone and flexibility. Riding is not the only way this activity gives the body a workout. Working in a barn and taking care of a horse strengthens muscles and increases cardiovascular capacity. There are so many mental benefits to horseback riding. Not only do you really learn about yourself as you experience time on a horse but it can also have a meditative effect because for the time being, the only focus is on riding and staying on the horse. While horseback riding is a great exercise, there is a real benefit in the connection with the animal and the peace of mind that comes with every ride. Although Samir himself loves extreme fitness, his philosophy encompasses a much more balanced approach to fitness, nutrition, mental, social, and spiritual synchrony. To order his new life-changing book [click here](#).

Chapter 4 : Horse Riding - Great Smoky Mountains National Park (U.S. National Park Service)

Horses, unlike cats, dogs or other house pets, are a much bigger responsibility in terms of care, money and time commitment. Learn everything you'll need to know about owning a horse.

Not words that you want to associate with riding, but there is no doubt that these feelings come up for most of us at some point in our riding lives. I know that there have been numerous times in my life that a bad experience made me down right scared to get back in the saddle. Anxiety is something I see many of my students struggling with as well, and I want to help, because as I have said before, riding should be fun. But when fear becomes a constant, the fun can get sapped right out of horses and riding. Even if you are great at hiding those internal butterflies from your fellow riders, your horse is picking up on them every minute. A nervous rider quickly creates a nervous horse and the combination is not fun for either. But before you completely condemn your anxiety, consider this- fear can be good, it can be healthy. What I mean by this is a little anxiety now and then probably just tells you that you are growing as a rider. New challenges will stir up the butterflies, and as you get comfortable with the new skill, they will quiet down again. So fear itself is not the issue. Fear only becomes an issue when it paralyzes you and prevents you from doing something you really want to do. Fear may be your intuition keeping you safe. If you are truly pushing too hard, too fast, fear could be your own inner voice telling you to slow down before you get hurt. Riding horses can be dangerous, there is no need to dance around that fact, but as riders we have acknowledged that risk and continue to participate in the sport, so you need to know your own limits and have the courage to challenge yourself without going so far as to set yourself up for failure. That can be a fine line, and an issue where you need to consult logic and listen to your gut at the same time. This is where you obsess over the same worst case scenario over and over. You feel anxious doing things that used to be comfortable. You worry constantly and read into everything that happens as being negative. This is the kind of anxiety that you need to acknowledge for what it is – unhealthy. Unhealthy anxiety can usually relate to something else that is happening in your personal life. This is one of the best things about interacting with horses – they can tell us a lot about ourselves. Here are some of the most common underlying reasons for unhealthy anxiety that I have either experienced myself or talked about with my students. Need to be in control – when you work with horses, you need to let go of always being perfectly in control. You are working with and riding on top of another being that has its own feelings and emotions. There are going to be moments when you are not in control and things do not go as planned. Learn to be ok with it because it will happen. Go with the flow. Lack of Self Confidence and Assertiveness – If you have trouble being assertive with friends or co-workers when it is needed, you may also have trouble telling a thousand pound horse to back up and get out of your space. A person who experiences a lack of assertiveness is also often the type of person who dislikes conflict and wants everyone to just be happy. This usually comes from a place of caring and is a great personal quality; however, when working with horses, there are times when you must set boundaries and correct bad behaviors. By doing this you will have a much better relationship with your horse. Dwelling on the Worst- Case Scenario – Yes, people have died or been seriously injured in horseback riding accidents. We both know that, but it will not help your anxiety levels to spend time looking for these stories and then re-enacting them in your own mind with your own horse. Visualization works both ways, it can help you focus on positive outcomes, or it can drive you crazy replaying what could happen. Plus, the worst case scenarios we read about are freak accidents. Stress not only increases your risk of developing known medical conditions such as high blood pressure and ulcers, but it also keeps your muscles tight and your mind racing. This is something you want to focus on managing daily, not just when you come out to the barn. It is impossible to remove all sources of stress from your life, so instead focus on how you can better react to those stressors. For me, the first step to reducing stress is to relax my body. While those may be the top four I have noticed, there are many more causes of anxiety, I would challenge you to take a critical look at your own anxiety, when and how it shows up, and where it may be affecting other areas of your life. Now it is time for the good stuff! What are some strategies that we can use every day to dissipate anxiety and relieve stress? This is actually a topic that I have learned a

lot about in the business courses I have taken in the past year. There are several strategies that helped me a lot when I applied them to my riding. I also wanted to go deeper on this so last month I met with Tina L. She shared many new strategies with me and will working more with CRK Training, but more on that later! For the sake of not being too long winded, here are my top three strategies for relieving anxiety. Breathing is number one for me, and when I say breathing, I mean deep, diaphragmatic breaths that pull the air down and expand my stomach. Counting 1,2,3,4 as you breathe in, holding your breath for the same 4 count, and then exhaling can have a very calming effect. Second, I use a lot of positive visualization. I picture what I want to happen and how I will smoothly handle an undesirable situation. Third, any exercise to practice mindfulness will bring your thoughts back to the present and can stop the negative chatter in your mind. To be with the horse, you must get out of your head and into your body, so you can feel your own emotions and those of the horse. To help with this, make a point of thinking about what you are doing – what are you feeling, smelling, hearing, and seeing? Spend a few moments reflecting on each one to get yourself back in the present moment. I sincerely hope that this post will help you understand your own anxiety and identify the root cause. I only scratched the surface of how to relieve anxiety and work through fear because there will be another post dedicated to that – actually it will be a video interview with myself and Tina – she has worked as a counselor for many years and is truly an expert at working through anxiety issues. The interview will be posted soon, maybe even next week, so stay tuned! Until then, leave a comment and tell me – when do you get nervous around your horse, what do you do to relax, and what do you think is the underlying cause of your anxiety? At this point, I believe this is a healthy fear, because a horse in this state can be very unpredictable. However, I have also experienced my share of unhealthy anxiety in the past, mostly due to feeling stressed and taking that feeling with me to the barn. Fortunately, I have learned many ways to reduce the stress I feel in my own life and I look forward to sharing more with you soon! See you in the comments, Callie P. A special sequence of videos delivered to your email inbox plus weekly blog updates! Just enter your name and email below to access the course for Free.

Chapter 5 : Mounting, Dismounting, and Riding Horses Safely | Equine Science Center

On this page you will be able to find Of horses and riding crossword clue answer, last seen on Mirror - Classic on May 06, Visit our site for more popular crossword clues updated daily.

Origins[edit] Throughout the history of the Americas , dating back to the earliest Spanish settlers in what today is Mexico and the Southwestern United States , including Texas and California , ranchers needed to manage cattle from horseback. Cattle were moved, branded , doctored, sorted, and herded , often on open range without the benefit of fences , barns or other means of holding the animals. A good cowboy needed a quick and nimble horse, one that could change directions quickly, stop "on a dime," and sprint after an errant cow. Informal demonstrations of these ideal characteristics amongst ranch cowboys and vaqueros evolved into the sport of reining, as well as the related events of cutting and working cow horse as well as several other horse show classes. Other nations with traditions of herding livestock on vast areas, such as Australia and Argentina , developed similar traditions that have blended into the sport as it has expanded worldwide.

Movements[edit] Circles are performed at speed The reining pattern includes an average of eight to twelve movements which must be executed by the horse. Patterns require the following movements: They should be perfectly round, with the rider dictating the pace of the horse. There should be an easily seen change of speed as the rider transitions from the large, fast to the small, slow circles. Most circles incorporate changes of direction that require a flying change of lead. The horse should not break gait nor change speed. It can be used for as turning and direction. A horse taking more than one stride to complete the change, or a horse that changes early, late, or that changes only the front feet and not the hind feet will be penalized. A rundown is a required movement prior to a sliding stop and a rollback to the designated direction either towards the judge or towards the nearest wall depending on the pattern. The back should be raised upward and hindquarters come well underneath. A particularly powerful stop may, depending on arena conditions, produce flying dirt and a cloud of dust. This movement is a crowd favorite, along with spins see below. The spin is one of the most difficult and crowd-pleasing maneuvers. The horse must back in a perfectly straight line, stop when asked and hesitate a moment before the next movement. It is judged on how quick, smooth and straight the line is. The horse must turn on its hindquarters, bringing its hocks well under, and the motion should be continuous with no hesitation. The hind pivot foot remains in essentially the same location throughout the spin, though the horse will pick it up and put it down as it turns. Spins are judged on correctness, smoothness, and cadence. Speed adds to the difficulty and will improve the score of a correctly done spin. A pattern requires at least one set of spins in each direction. Horses must stop the spin in the designated place or be penalized for over or under spinning. The term Pivot is sometimes used to describe a turn on the hindquarters of up to degrees where the horse has to keep a rear pivot foot stationary. In 4-H competition, pivots of 90, , or degrees are sometimes used in pattern classes to introduce youth riders to reining concepts. Pauses are not judged as a movement per se, but a horse that is ill-mannered or behaves with impatience when asked to wait will be penalized.

Scoring[edit] A proper sliding stop requires a horse to keep its head down, back rounded, hindquarters well underneath the body, and to "walk" with the front legs as the hind legs slide. Scoring is on the basis of zero 0 to infinity, and 70 is an average score for a horse that made no errors but also did not perform maneuvers with a higher level of difficulty. The "degree of difficulty" for each maneuver, typically related to speed and agility, is also assessed. Increased speed increases the difficulty of most movements and the potential for a high score. For example, a perfectly executed fast spin will score higher than an equally perfectly executed slow one. In addition to the scores for each maneuver, a large variety of penalties may be assessed for specific infractions. Certain misbehaviors may incur penalty points beyond a poor score for a given maneuver. Significant errors, such as going off pattern or using illegal equipment, will result in a "zero score". Under NRHA rules, horses with a zero score cannot earn a placing or advance in a multi-go event, though they may be eligible for a payout if there is a small number of horses in the entire competition. Major mistakes, such as failure to present the horse for an equipment check, a rider with illegal equipment or one who abuses the animal in specified ways, result in a "no score," which prevents the horse from earning any

award or payout, [2] even if it is the only horse in the class. The horse[edit] Reining may be performed by any horse, but the Stock horse breeds, particularly the American Quarter Horse , dominate the field. Powerful hindquarters are required to hold position in a sliding stop or a rollback, excellent coordination is required for proper spins and flying lead changes. Correct leg conformation is essential, as the limbs and joints are often under considerable stress in competition. The horse must also have an excellent temperament to perform with both speed and precision. Equipment and attire[edit] Riders must use a western saddle. Spurs are allowed, but whips are not. Bridles are western-styled, without a noseband or cavesson. The bosal style hackamore is also allowed on "junior" horses. There are very strict rules about what types of bits and bosals are legal. For protection, horses usually wear splint boots on the cannons of their lower front legs as well as skid boots on their hind fetlocks. Bell boots , which wrap around the pastern and protect the hoof and coronary band, are also usually seen, sometimes only on the front feet, other times on all four feet. Polo wraps are also another form of protection that is used, this helps give support to the tendons and ligaments, and prevents bruising and irritation. These can be used on all four legs but if wrapped improperly can cause damage. Reining horses are usually fitted with special horseshoes on the hind feet called slide plates. Slide plates have wider bar steel and are smoother than regular horseshoes, with even the nail heads filed to be flush with the shoe. When the horse plants its hind feet for a sliding stop, the shoes allow the hind legs to slide along the ground with less resistance. Riders must wear a long-sleeved shirt, jeans , and cowboy boots. In most competitions, they also wear chaps. Wearing a certified equestrian helmet is permitted by some organizations, [3] [4] [5] though not commonly used. In most cases, riders with a horse in a curb must give all rein commands with only one hand. However, snaffles and hackamores ridden with both hands are usually limited only to special classes for horses between the ages of three and five years old. Most of the time, with the exception of "freestyle" classes, snaffle bit and hackamore horses do not compete directly against curb bit horses, though specific details vary depending on the particular sanctioning organization. Some local or regional competitions offer a non-sanctioned "novice horse" division where horses of any age who have limited experience as reining horses can be ridden two-handed in a snaffle. Sometimes reining classes at breed shows are split into "junior horse" and "senior horse" divisions. Depending on the breed, Junior horses are either 3, 4 or 5 years old, and allowed to show in a snaffle or bosal. Senior horses who age out of the junior horse divisions at age six must be shown in a curb. Junior horse divisions at one time were limited to horses that were only 3 and, sometimes, 4 years old. Expansion to age five parallels the standards set by the FEI and in endurance competitions, recognizing that the physical and mental development of most young horses is not considered complete until that time. The sport of reining became an FEI -recognized discipline in , and FEI-sanctioned reining competitions are held across the world, including at the World Equestrian Games. Individual divisions at a reining competition vary with the sanctioning organization. However, standard classes include those limited to junior or senior horses, to horses of a specific age such as three-year-olds , classes for professional, "non-pro," or amateur riders those who do not work with horses for pay , youth riders of various ages, adult riders over age 40 or 50, as well as open events for all competitors. Classes may also be limited by the experience level of the horse or the rider. National[edit] In individual nations where reining competitions are held, national organizations usually oversee the sport. Reining classes can be held at a stand-alone competition just for reiners, or as one category within many different classes offered at a horse show. Reining is growing in popularity around the world, including Europe and Australia. It was added as a part of the World Equestrian Games , beginning in Freestyle[edit] A competitor in Freestyle reining, dressed as Miss Piggy Freestyle reining allows a horse and rider team to incorporate reining movements into a three and one-half minute musical routine, akin to the KUR Freestyle competition in Dressage , but with elements that resemble the freestyle events in human competitions such as figure skating. Under NRHA rules, costumes are allowed, though not required; riders may ride with one, two or even no hands on any type of NRHA approved bit; props, within certain limits, are allowed; and the show management may allow special arena lighting. Freestyle reining competitions have no specific rules as to saddle , though humane equipment is required. Allowing "no hands" means that some competitors may perform without a bridle , which increases the difficulty of the movements. The rider must include a specified number of spins, stops and flying lead changes in a performance. Rollbacks, rein backs and

dressage type maneuvers such as the half-pass may be added and scored. Competitors are judged on technical merit and artistic impression. At some competitions, an applause meter is added and may contribute to the artistic impression portion of the score.

Chapter 6 : WOMEN AND HORSE-RIDING IN 18TH CENTURY ENGLAND | Body and Gender in the Eighteenth Century

Fly gear is the unsung hero of the horse world. As you use it to protect your horse from irritating and disease-carrying flies during peak season, you unknowingly do much more to keep him comfortable. Because many store-bought and homemade fly repellents only protect for up to a few hours.

Horseback Rides Guided horseback rides are available at four concession horseback riding stables in the park from mid-March through late November. Rides on scenic park trails are offered lasting from 45 minutes to several hours. All rides proceed at a walking pace. Weight limits and age restrictions may apply. Please call the stable you are interested in for additional information. Cades Cove, near Townsend, TN also offers hayrides and carriage rides Visit website for additional information Smokemont, near Cherokee, NC also offers wagon rides Visit website for additional information. Smoky Mountain, near Gatlinburg, TN Visit website for additional information. Sugarlands, near Gatlinburg, TN Hayrides Cades Cove Riding Stables offers a 1. Passengers sit on a bed of hay in a trailer pulled by a truck and enjoy an open air view of the scenery of Cades Cove. Reservations are generally required and can be made by calling Ranger-led hayrides are also offered on some evenings on a first-come, first-served basis. See the Schedule of Events for scheduled ranger-led hayrides. Carriage and Wagon Rides Carriage or wagon rides are offered at two of the concession horseback riding stables in the park. These rides provide an opportunity to experience a minute horse-drawn carriage or wagon ride on a park trail. Bringing Your Horse to the Park Caution is advised in the backcountry. Please be prepared for swollen streams, bridge washouts, downed trees, and trail erosion-riding is not recommended from early December until May due to the seasonal nature of the trail maintenance program. Horses are restricted to trails specifically designated for horse use. It also provides information about backcountry camping, and permit requirements. To obtain an official trail map, stop at any park visitor center or call You may also download a trail map. Horses are allowed only on trails specifically designated for horse use. Off-trail or cross-country riding is prohibited. Horse riders may use designated campsites located on trails open to their use, however some backcountry campsites must be reserved in advance. Five drive-in horse camps provide ready access to backcountry horse trails in the park. Horse camps are open from April through October. Operated by the nonprofit Great Smoky Mountains Association, proceeds generated by purchases at the store are donated to educational, scientific, and historical projects in the park.

Chapter 7 : Horse Games - Free online Horse Games for Girls - www.nxgvision.com | www.nxgvision.com

Equestrianism (from Latin equester, equestr-, equus, horseman, horse), more often known as horse riding (British English) or horseback riding (American English), refers to the skill of riding, driving, steeplechasing or vaulting with horses.

Chapter 8 : Of horses and riding crossword clue

Horse Toys. Showing 40 of results that match your query. Product - Spirit riding free collector's series doll & horse set - pru and chica linda. Product Image.

Chapter 9 : Equestrianism - Wikipedia

Howrse is a free online horse breeding game. Breed horses and manage an equestrian center.