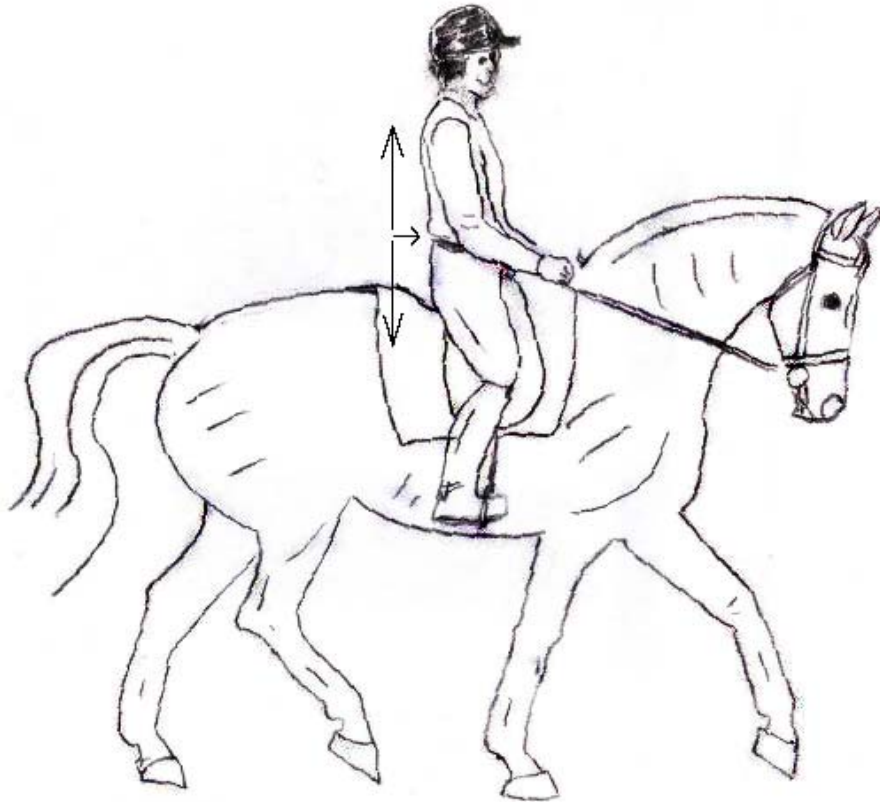


## LESSON #2 FOR THE BIOMECHANICS OF THE RIDER THE INFLUENCE OF THE RIDER'S BODY

The polished rider is one who knows how to use various body parts of his or her body while riding. When applying subtle amounts of muscular pressure, in exact quality needed and at just the right moment, as well as knowing in advance what the effect of these interventions (aids) will be is the goal of the process of riding.



It is important for the rider to attempt to stretch his spine to the maximum, thus gaining greater flexibility, which will enable him or her to follow the horse's movements more easily. How straight the spine will depend upon the muscular power of the rider. In order to strengthen his muscles, he therefore should try to maintain an upright posture all day long in all kinds of activities. When in the saddle, the rider should attempt to stretch his body from the waist upwards, as well as from the waist downwards, in order to obtain a greater control of the horse and to unify their bodies to the utmost. The action of the spine is essential to the application of the half-halt. This effect retains the forward movement of the horse, by putting his hind legs further under his body mass, without loss of impulsion. The horse then readjusts his balance. For this, the rider uses a combination of leg and seat and hand aids, which will allow the horse to gather his hind legs underneath him.

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With the idea of helping Pony Clubbers understand the biomechanics of horse and rider better.  
Betsy finished as a Graduate B from North Star Pony Club.

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A special Thank you to Miriam Frenk for her thoughts and words. FOR THE FULL ARTICLE ON THIS SUBJECT GO TO: [www.miriamfrenk.net](http://www.miriamfrenk.net) UNDER ARTICLES.