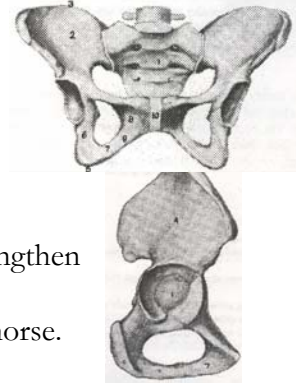


## 5TH LESSON OF BIOMECHANICS FOR THE RIDER

### THE RIDER'S SEAT

In order to get the horse on his way to self-carriage, the rider must have a good seat. The seat consists of almost all parts of the rider.

- Elbows must in
- Head must be over the shoulder and hips and feet
- Shoulders must be down and back over the hips
- Body weight must be centered – not leaning
- Seat bones – pelvis can tilt, but seat-bones must be square in the saddle
- Torso – mid-section must be tall with stomach pulled in order to lengthen the spine to its fullest, and
- Hips must be open – not locked or pinching with the legs around the horse.



The tilting of the pelvis, accompanying the movement of the horse, determines the length of stride. If your pelvis is tilted from below, with the bottom part of your pelvis forward, the horse must come back in his stride. The half-halt comes off the hips towards hands idea. The horse must be taught to listen and stay on the rider's body the entire ride. It's important for the rider to be completely disciplined in making sure that the horse is listening to the rider's body; and if not, going back to a halt and starting again.

If the horse is not going in a straight or onto a square way of going, the rider's half-halt will not work as effectively because the balance that comes from the horse carrying himself straight is lacking. Therefore, it's important for the rider to balance the horse's shoulders and haunches back onto a sort of straightness, and then work the half-halt. It's a constant balance act for the rider the entire ride.

The Rider's hips must swing with the horse. The hips should never be locked or the legs pinching the horse's sides. The rider's hips must be open. The ball and socket of our hips allows us to stay very soft in the saddle. The horse will only discover ways to block himself away from self-carriage and partnering himself to you if you are pinching his body with yours. You must just sit, and let the tilting of your middle do the job during the natural motion of the seat.

It's important for the rider to know that the horse sucks you into the saddle each stride if you just sit there and allow the horse to move along in self-carriage. It's the every day goal to have a more comfortable place to sit. With strength and flexibility and relaxation through his rhythm each day, your place to sit should feel better and better and the half-halt off your body easier and easier.

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With the idea of helping Pony Clubbers understand the biomechanics of horse and rider better.

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