

Certificate Bleu

Grooming the horse, putting the saddle on and taking it off, by yourself

When you saddle the horse by yourself, you first have to groom it properly to prevent the tack to irritate the horse.

When you saddle the horse loose in the stable, start with the bridle. When the horse is tied with a rope and halter, you start with the saddle. For now, let's say the horse is standing loose in his stall.

First arrange all the straps and bands correctly. Stand on the left side of the horse and first put the reins over the head. Hold the bridle in your right hand (on the headpiece). The bit is in your left hand. Put your right arm underneath the neck and bring your right hand (with the bridle) to the centre of his head (look at the picture). In this way you can prevent the horse to lift its head . Then lift the bit, towards his mouth and open the mouth with your thumb by pushing a little at the edge of the mouth. When the horse opens its mouth place the bit in his mouth and put the headpiece over his ears. Watch out!!! Never bang the bit towards the teeth: it hurts and doesn't work!

Then fasten the throatlatch and noseband. There must be room for an upright fist between the throatlatch and one finger between the nose and the noseband.

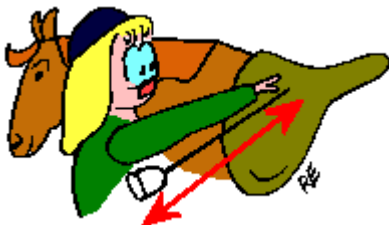
Start by checking the back of the horse that there are no wounds, bumps etc. Remove dirt, shavings etc that can irritate underneath the saddle. You always start saddling standing at the left side of the horse. First put the saddle blanket and then the fur pad on the back of the horse, then the saddle (with the girth over the saddle), first far forwards so you can slide it a little backwards to a correct position. It is important that there are no wrinkles



underneath the saddle and that the blanket is well pulled up into the front arch of the saddle, so the withers have enough space. Then go to the right to check that the saddle and blanket are lying flat. Lift down the girth (don't let it fall down from the left side as you can scare the horse when it's coming down his legs). Go back to the left side and fasten the girth through the girth tabs. First loose and after a few minutes the girth can be tightened further. While you are tightening the girth always watch the horse: some of the horses don't like this and will bite you. Therefore never pull too hard! Also not too loose, as the saddle needs to stay in place when you walk to the ring. Just before you mount the horse you can tighten the girth more.

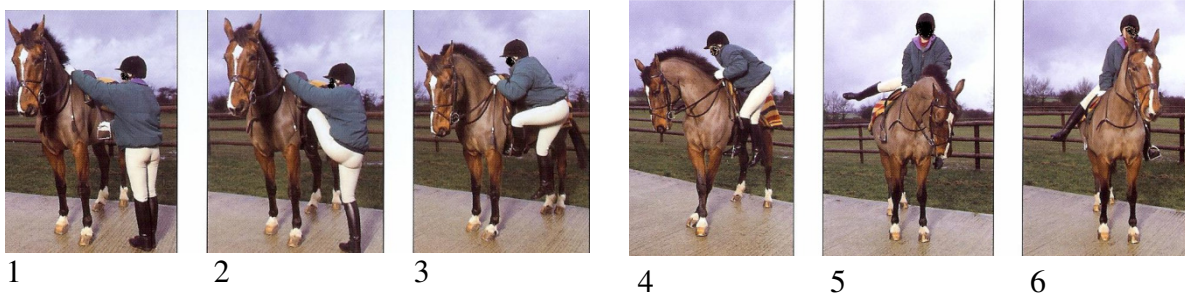
Mounting on your own and ride on command

Walk the horse to the ring and lineup on the center line with the head towards the entrance. Tighten the girth and make sure it is tight enough so the saddle cannot move when you mount your horse. Than adjust the stirrups to the right length.



This is a way to measure your stirrup

This is the way to mount the horse:



Picture 1: Hold the reins in your left hand on top of the horse's neck. Both reins should be in light contact with the horse's mouth. Grasp the mane in you left hand and take hold of the stirrup leather and turn it towards you with your right hand.

Picture 2: Place your foot in the stirrup so the stirrup is behind the ball of the foot, then lean your left knee against the saddle so that your toe does not disturb the horse. Place your right hand on the saddle for support.

Picture 3: Stand on tip toe on your right foot, hold on to the mane and saddle, transfer your weight on to your left foot, press your left knee against the saddle and push off energetically with your right foot, so you can rise in one to bring your weight above the horse as in picture 4

Picture 5: swing your right leg over the back of the horse without touching the horse with your foot (it can frighten the horse).

Picture 6: Sit down carefully and take your right stirrup

Ride the figures in walk and trot

When you're riding figures in walk and trot, you have to make sure you ride the correct way, that is in riding correct corner passages, on the letters, etc.

Figures we do ride regularly:

- Broken line
- Change the reins across the diagonal
- Large circle (at A, C, E, and B)
- Serpentine through the whole school with tree or four loops
- Turn at A or C on the center line
- Turn at B or E
- Change the rein by an S at B or E
- Half circle or half volte and return to the track
- Circle 10 meter

Cantering behind another horse

When you're allowed to try to canter, first make sure the trot is correct, without cutting corners or falling back into walk. We start cantering in the corners. If you don't succeed in the first corner of the long side, go back to a relaxed trot and try to get again in the next corner.

The correct aids for starting to canter are:

- your inside leg just at the girth, the same place where your leg usually is while riding
- your outside leg behind the girth. Don't lift your heel, as you will fall forward and lose impact
- when the horse doesn't react on your legs, you're allowed to touch the shoulder a little with the whip while you're passing the corner.

When you're cantering behind another horse, make sure that the distance to the other horse is a minimum of one horse-length to make sure you won't bother the rider in front of you. During canter (and also trot!) you are not allowed to overtake another horse, as horses will start to race. When you're too close to the horse in front of you, you have to slow down or ride a circle. Make sure your horse stays in canter (most horses will go into trot reaching the center line!).

Knowing all the parts of the bridle

To put on the bridle correctly, you have to know the names of all the straps and bands, so you can tell exactly with which part you have a problem.



Bridle with a drop noseband

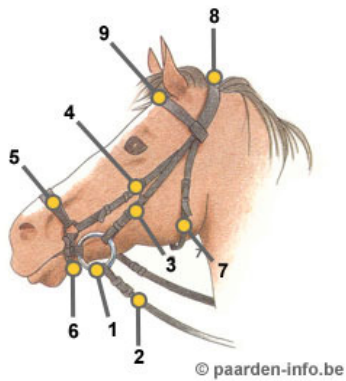


Bridle with an English/flash noseband

English noseband



Grakle noseband



1. snaffle bit

2. reins

3. cheekpiece

4. cheekpiece

5. noseband

6. chinstrap

7. throatlatch

8. headpiece

9. browband