

# Jumping

In these Levels you will work through the basic skills that you will need to jump. These skills are very important because good clean jumps are the product of good flatwork and the complete understanding of both horse's and rider's biodynamics, jump construction, the ground underfoot and riding techniques.

A lot of the basic information has already been given to you in the **Horse Reference Manual** and the **Dressage** manual, so it will not be repeated here. This project is about learning to jump. There are several different types of jumping competitions which you could enjoy.



Stadium Jumping

There is stadium jumping which is a competition where only fence knockdowns, refusals and time counts.

In hunter jumper, the way the horse jumps and how smooth and pleasant to ride he looks, is judged.

In equitation over fences the horse is not judged. The rider is judged on his position and style through the course.



Show Hunter Jumper



Horse Trials Cross Country

For eventing and horse trials the horses have to do dressage first, then both stadium jumping and a course of fences through fields and woods, called "cross country".

In other parts of the world people jump when they go foxhunting in the country and jockeys jump in steeplechase and point to point races.

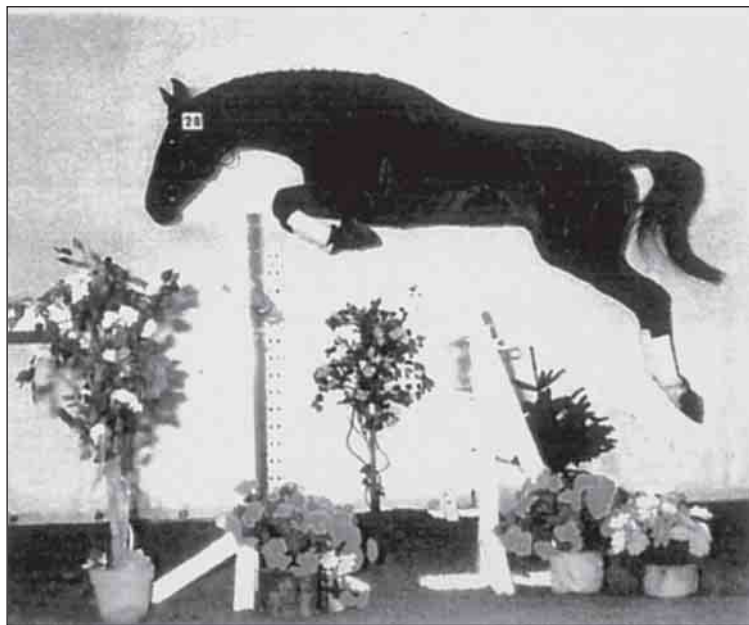


In these pictures the riders are sitting back for landing but in no way pulling on their horses' mouths.



## Your Horse

Your partner! Most horses enjoy jumping when they have learned how and they don't like to hit fences. When you ask your horse to learn something new, you must be very clear in your explanation to him or he may become confused and offer you all sorts of movements in an effort to understand you. If your horse is becoming totally upset, don't blame him, STOP, go back in your mind over what happened and see if you gave him clear aides and directions. Start at a point where your horse understood what was wanted and bring him slowly on.



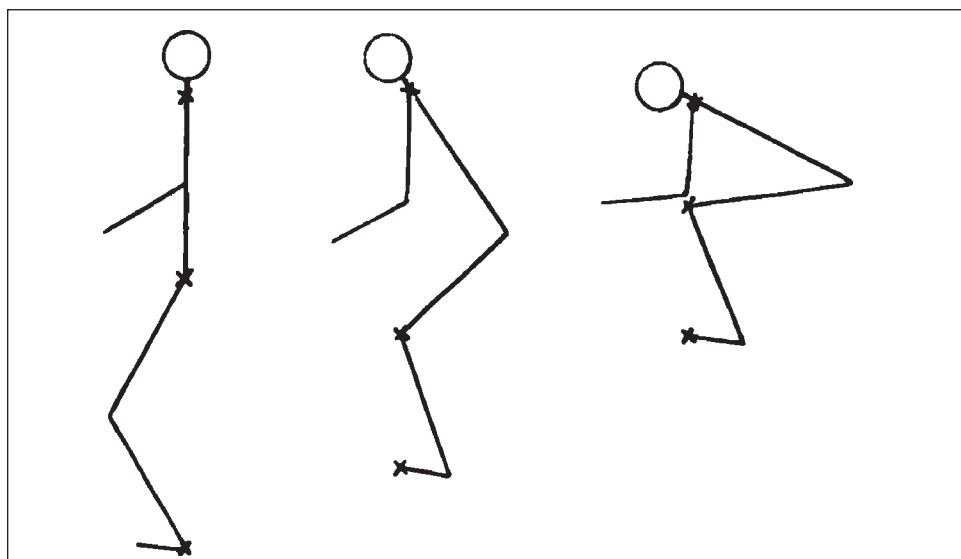
Horse free jumping

The best thing you can do is to teach your horse to jump all sorts of fences in many combinations and settings: indoors, outdoors, while trail riding and in competitions. Try not to jump the same fences over and over again; horses get bored the same as we do and like a bit of variety.

Any breed of horse will do, as jumping ability appears to be more related to athletic ability than any specific breed. Some breeds are more naturally athletic than others; but most horses will have a try if you ask. The perfect picture shows a horse who rounds his back over fences, snaps his shoulders and front legs up then tucks his hind legs up behind him.

## Rider Position

For flatwork you start with the basic position already learned: heels, hips and shoulders lined up, straight line from the elbow through the hands to the reins and the horse's mouth. Back nice and straight but not rigid, shoulders back and down. The jumping position, sometimes called "two





Two point position



Balanced jumping position

Position over jump  
- note neck strap

point”, has you standing on your feet in the stirrups, heels slightly lower than toes, with your knees bent, folding forward at the hips and with your shoulders also lined up with knees and toes, sort of like a downhill skiing position. If someone took your horse out from underneath you, in the jumping position you would land on your feet crouched forward but balanced. Again hands and forearms lined up with the horse’s mouth. Head should be up and looking forward. You should stay in this position, letting the horse come up underneath you and closing the angles of your knees and hips as he jumps. Stay up off your horse’s back all the time that you are on a jumping course when he is going well, only sitting down to push if you need to. A quiet, light load is easier for the horse to balance, so the less you are “doing” on top, the easier it is for the horse to get his job done.