

## About Vaulting

Vaulting is best described as gymnastics on horseback. Vaulters learn to move in harmony with their horse while performing many of the exciting exercises familiar to gymnasts and dancers.

Vaulters must vault onto a horse that is cantering on a 20-meter circle, perform required movements and then dismount or vault off the horse. Vaulting can be performed by a team of 8 vaulters, by a pair (a pas de deux) or individually.

The Kur, or Freestyle, is a timed routine, developed by the vaulters themselves, and varies in the degree of difficulty according to the level of the individual vaulter and the moves they choose. The moves can also be performed as double exercises with two vaulters, or triples, and on up to a team kur using eight vaulters, although only three vaulters are allowed to be on the horse at any one time.

Both individual and team routines are put together using static and dynamic exercises and a variety of directional changes and a number of holding points. Different parts of the horses' body are also used to add variation and degrees of difficulty to more common moves. All freestyle moves are practiced first on the floor and barrel before being tried on the horse.

There are seven compulsory exercises that must be performed; the vault on, the basic seat, flag, mill, scissors, stand and flank or dismount. The vaulters perform the first four exercises, then dismount the horse, remount the horse and finish the last three exercises.

For more information on vaulting, please visit:

[www.vaultcanada.org](http://www.vaultcanada.org)

[www.americanvaulting.org](http://www.americanvaulting.org)