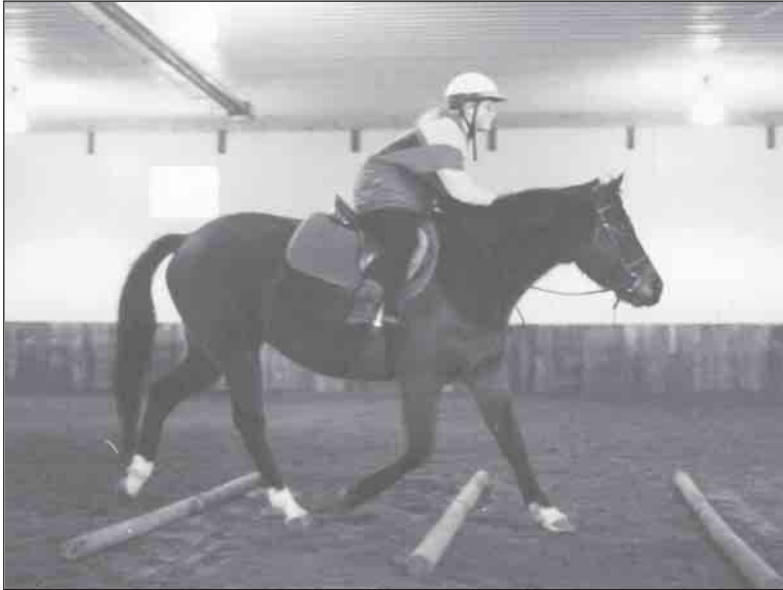


Starting to Jump

Trotting Poles

Start your horse and yourself jumping by placing a pole on the ground, walking and trotting over this until your horse is quite comfortable. Then add another 2 poles, with 4-5 ft. spaces between them and work over

these. It is better not to face your horse with 2 poles only on the ground or he may try to jump over them both, three poles makes him decide to trot through. Work up to 5 poles on the ground. 4'-5' spacing between poles works for most quarterhorses and general riding horses. Small ponies will need to work over 3' 6"-4' spaces and large horses need 4' 6"-5'6". To get the correct canter distance for your horse, simply remove alternate poles which will give you the canter stride room you need.



Horse stepping correctly in centre of spaces.

Have someone watch your horse trot through to make sure he places his feet in the middle of the spaces, if he has trouble then adjust the trotting poles to suit him. Slowly stretch the spaces 6 inches bigger to make your horse increase his stride. Now you let your horse learn to balance himself over this at a trot on a loose rein. When he is happy, you start training yourself by going through in the jumping position with your arms outstretched at shoulder height.



Arms outstretched



Hands behind back

When that is easy, go through with your arms folded in front of you, then folded behind your back and finally with your hands on top of your head. You don't have to work yourself and your horse to death doing this, do it until you are satisfied you have done it right, then reward your horse by stopping.



Hands on head

