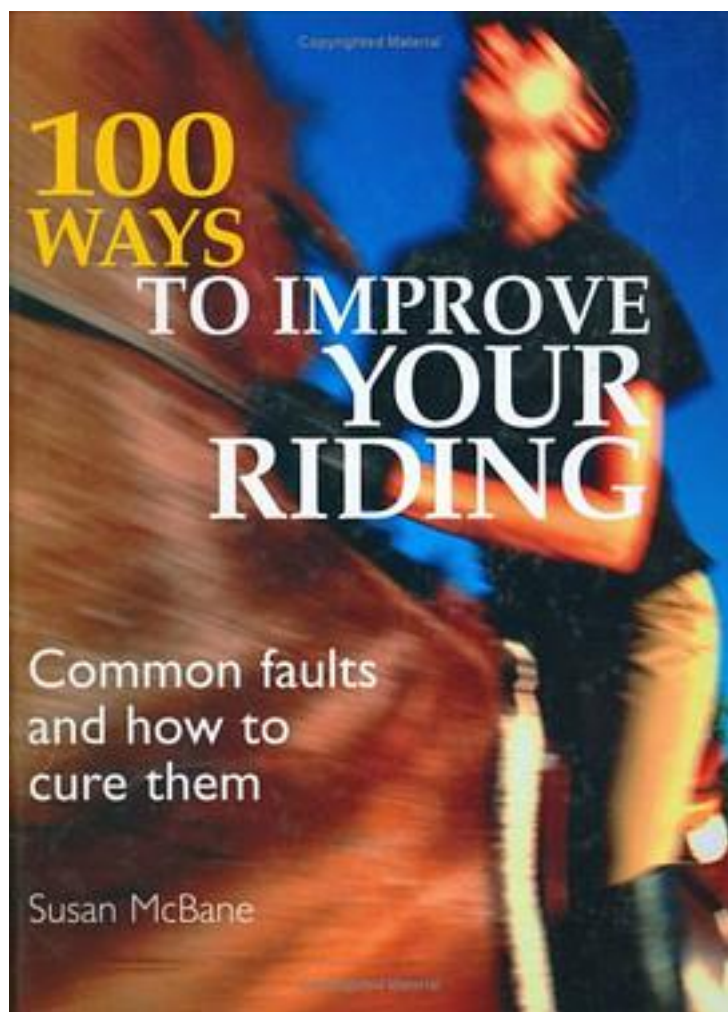


100 Ways to Improve Your Riding



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"*Hardback edition of 100 Ways to Improve Your Riding has sold over 20,000 copies

since publication in May 2004 *Written by a well known, experienced author and classical riding instructor *Part of the "100 Ways" equestrian series—combined titles have sold nearly 60,000 copies worldwide An outstanding guide for anyone aiming for grace, balance and accuracy in their riding. Each of the 100 features includes a technique to work on and advice on what might go wrong and how to put it right. Over 100 photographs show common riding faults, such as tipping forward, weak lower leg position, heavy hands and incorrect application of the aids. Focus is also given to the right mental approach, rounding off this complete riding problem solver."

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