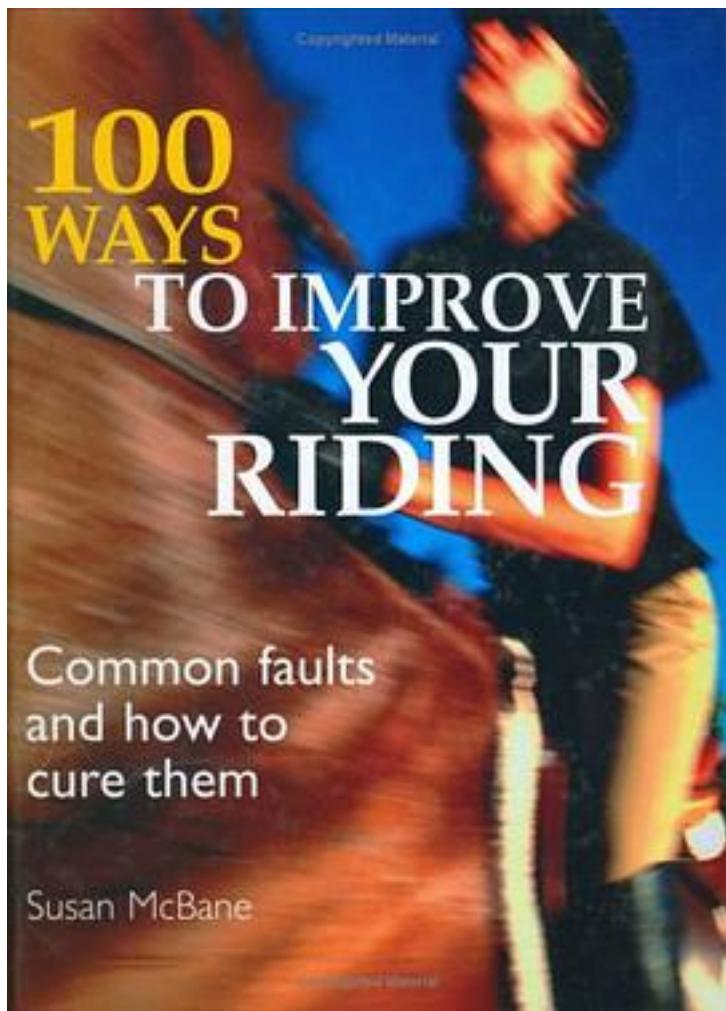


100 Ways to Improve Your Riding



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This book has been written for every horse rider who strives to improve his or her

riding. It is filled with illustrations of common riding faults; alongside each fault is a clear explanation of what has gone wrong, and easy steps to make it right. Divided into sections, "100 Ways to Improve Your Riding first examines the rider's seat and position--the root of many riding faults such as crookedness and tipping forward. It goes on to discuss common problems with the application of aids and how this can have an adverse effect on the horse's performance. Finally, Susan McBane looks into the rider's mind, as many faults stem from anxiety or nervousness. Thorough examination of all of these different aspects of riding, clearly highlighting certain wrongdoings along with how to make them right, is sure to result in a greater ride for all who mount a horse.

作者介绍:

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