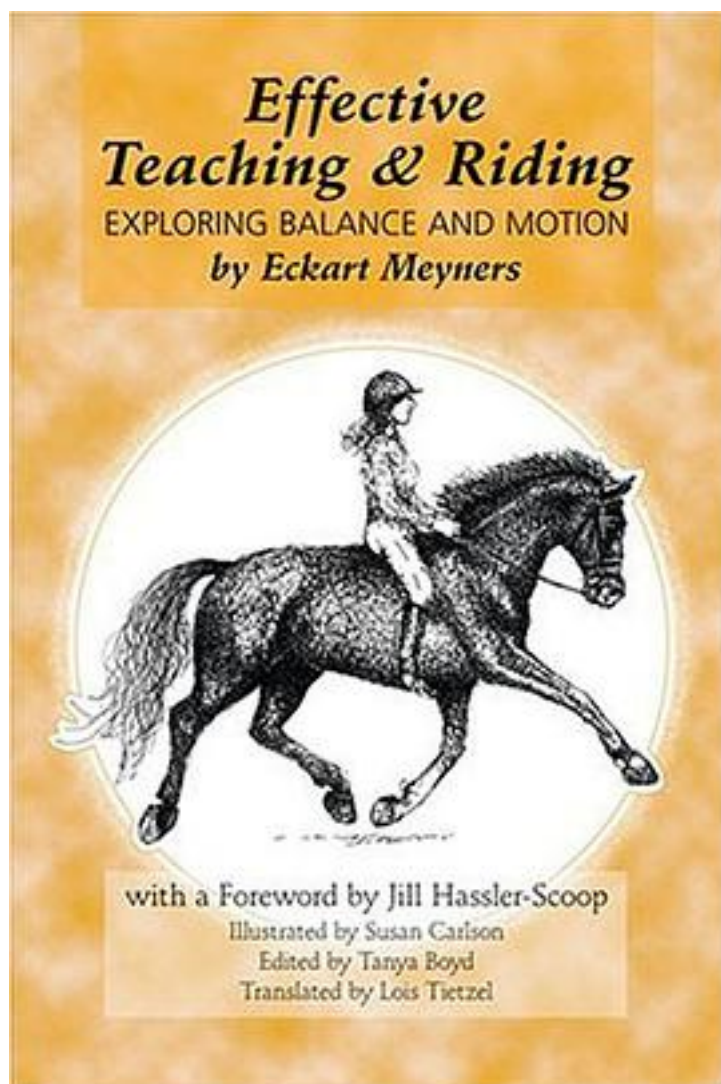


Effective Teaching and Riding



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著者:Meyners, Eckart

出版者:Mountain Pr

出版时间:2004-12

装帧:Pap

isbn:9780974837307

Riding instructors have two main roles: motion mediator and educator. Most equestrian education books focus solely on the technical aspects of training the horse or the rider. "Effective Teaching and Riding" takes into account the individuality of each horse and rider while integrating the unique facets of riding in a new, practical approach to teaching riding and to riding itself. Meyners has developed a series of simple, easy movements to relax the rider's body and improve communication between horse and rider. Meyners also teaches concrete exercises to use on and off the horse to increase the effectiveness of both riders and instructors.

作者介绍:

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