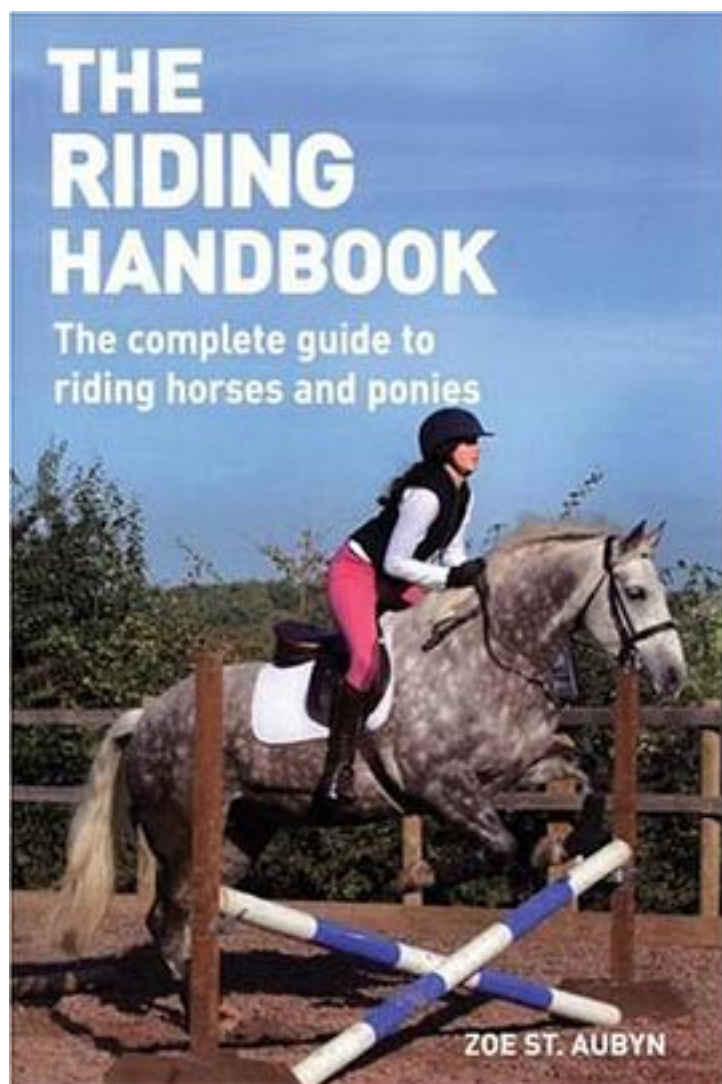


# The Riding Handbook



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著者:St Aubyn, Zoe

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"A comprehensive and practical guide to learning horseback riding, both English and Western." This illustrated reference provides information that is important for all riders, whether they are taking formal instruction or learning to ride on their own. Written for those with no or little riding experience, it approaches horsemanship in a thorough and insightful manner, ensuring that riding is enjoyable for both the rider and the horse. Successful riding, whether English or Western, requires an understanding of the horse and a solid relationship between horse and rider. The Riding Handbook addresses these important requirements throughout the book and shows how to establish a genuine partnership. It is organized in chapters that follow the natural progression of the horse-and-rider relationship: Getting to know your horse Essential equipment Learning to ride Caring for your horse Improving your riding Riding for pleasure and riding for competition Horses and ponies of the world. This book deals with all the challenges and decisions that a rider encounters. Full-color photographs and annotated drawings -- many in step-by-step sequence -- illustrate equipment and demonstrate skills. Detailed lists and question-and-answer segments help solve specific problems, making this the ideal handbook for any new rider.

作者介绍:

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