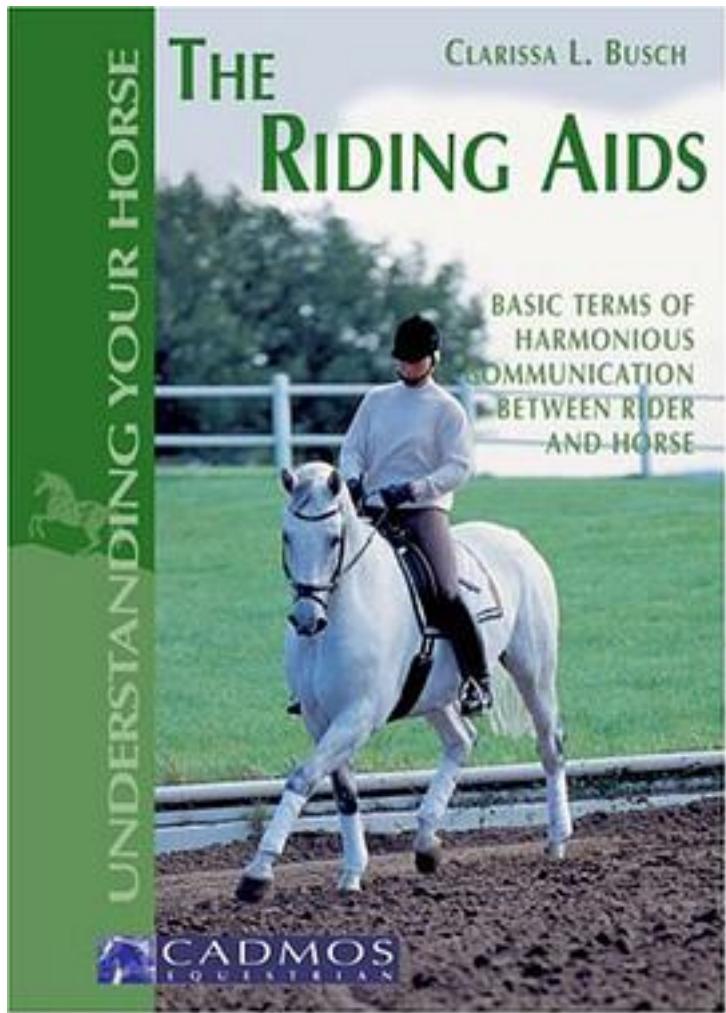


# The Riding Aids



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The riding aids are the medium through which the rider's wishes must be expressed.

The author explains the elementary terms of the rider's aids in easily understood terms, starting with the relaxed, balanced seat which forms the basis of all riding. Natural aids using the weight of the body as well as legs and hands are initially explained individually, then shown in practical co-ordination: "How do I bring my horse to a halt? How do I change from the trot to the walk, from the walk to the canter?" Riding aids in dressage movements and exercises are also covered in detail.

作者介绍:

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