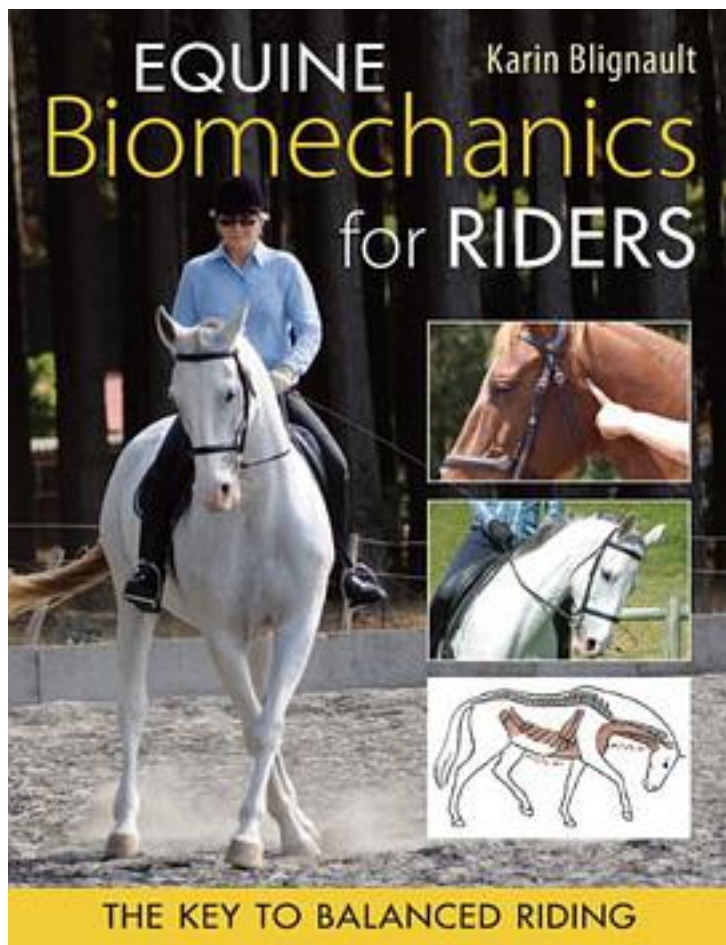


# Equine Biomechanics for Riders



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By understanding how the horse's biomechanics works and how to influence it, most of the misunderstanding between horse and rider is avoidable, and the vast majority of schooling problems solvable. Although in its infancy, equine sport science teaches us

how a horse's body and mind functions. Through an understanding of this natural science, together with literature left to us by the classical masters, training horses, without the dependence on gadgets, becomes extremely easy and logical. The knowledge of equine biomechanics turns horse training and riding teaching into a completely logical process. In this work, Karin Blignault investigates the horse's natural methods of performing movements and compares this with the movements he performs in dressage and jumping. Examining each individual gait and movement - including lateral work, piaffe, passage, flying changes - the author highlights the biomechanical difficulties the horse encounters in his effort to please the rider, gives suggestions to riders and trainers on how to overcome these difficulties, and further gives judges pointers on how to recognize these problems.

作者介绍:

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