

SUMMARY OF GALLOP POSITIONS

A. BEFORE THE JUMP

1. Cruise

- No Bounce/Movement in Rider Joints
- Stand in Irons / Make Like a Sail
- Straighten Knee
- Hips Forward over front of saddle
- Hands Low at Withers
- Rein Bridge

2. Balance /set Up

- Put Bend Back into Joints
- Seat lowers closer to Horse
- Move Body with Horses Motion

B. AFTER THE JUMP

3. Resume Speed

- Bend at waist
- Lean Forward until desired pace is achieved

4. Back to Cruise

- Remove the Bounce/Motion from Rider Joints
- Stand in Irons/Make Like a Sail
- Straighten Knee
- Hips Forward over front of saddle
- Hands Low at Withers
- Rein Bridge



- Wear a Nick Strap or Breast Plate
- Have capacity to raise stirrups at least 3 holes



Speeding Away



REBECCA HOWARD
EQUESTRIAN

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BC Horse Trials Spring Clinic 2011

GALLOPING POSITIONS 101



Using clear changes of
Rider Position to
Communicate changes of
Balance & Speed

CRUISE POSITION = Between Fences



- Balance on feet taking the bend out of your knee and hip
- Take the bounce & movement out of your knee & hip joint
- Push Hips over front of Saddle
- Place Hands Low & arms long
- Body is like a “Sail”
- Use rein bridge
- Allow Horse to Gallop “underneath you”



BALANCING POSITION = Before Fence



- Restore the bounce & movement in knee, hip and elbow joints
- Lower seat towards saddle
- Use your body motion to activate the horses back, feet and joints if needed
- Appropriate jumping speed/balance must be established a minimum of 5 strides out from fence
- What’s “appropriate” along with the Time (number of strides) required to establish a given speed / balance - varies according to the horse’s education temperament, the terrain & jump type



INCREASING SPEED POSITION = Away



- Bend at the waist
- Bring chest close to horses neck
- Hands may go forward
- Maintain position until horse obtains desired pace
- Once at desired speed return to cruise position

