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# 101 Jumping Exercises: For Horse And Rider



## Synopsis

In this handbook, Linda Allen teaches exercises every horse and rider ought to know, from the simplest skills to the most complex techniques. The jumping exercises start with basic work over and around poles to help horse and rider maintain a dialogue with each other. As the exercises progress, so do their complexity, teaching the rider correct balance, technique and confidence.

## Book Information

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## Customer Reviews

I haven't even finished reading this book yet, but I just have to say how fabulous it is. I have just started my youngster over fences and have found this guide invaluable already, with 25 exercises involving just ground poles, it is already well used. The exercises build up in difficulty so you are always making progress and at the same time having fun and educational schooling sessions with your horse. I think there is something for everyone, beginner to advanced. As a budget conscious rider training predominantly on my own, I have found these types of guides priceless (see my other reviews) and they have really helped me to formulate a schooling plan each week and our progress has been very rewarding. I noticed that other riders at the barn were using the poles I left out in the arena and so I started posting the exercises on the bulleting board each week - inspiring everyone and creating great feedback and support. I know this is a book I will get a lot of use out of!

I bought the book originally to add some variety to my training sessions and to obtain ideas on different exercises. Now both my trainer and I do not jump without the book close by. The different grid exercises have added so much to our workouts! Not only has it helped our horses become

more confident it has helped our equitation tremendously. I would highly recommend this book for both beginners and the more experienced rider!

This is a step by step guide on working your horse through gymnastics. Both for the beginner, and the more advanced horse and rider. It reminds you of exercises to help teach you and your horse. Worth the time to read.

I have started to do some of these exercises with my Appaloosa gelding. He is ten, but has gone western the two years he has been trained and is very ignorant of english riding skills. I have been doing these exercises with him, and it really worked! He is now on his way to being a confident jumper. It was pretty easy, too. We set up the cavaletti and cross-rail grids, and followed the patterns described. I am now proud to say I have a hunter in training. This book is highly recommended to everyone; whether your horse is a confident jumper, or just learning, 101 Jumping Exercises For Horse And Rider is a great source to jumping exercises!

This book is fantastic. It is a must have for anyone who jumps their horse. Heck, the first chapter is fantastic for someone who is purely a dressage rider. The exercises are great. They are explained well and the diagrams are clear. The book also gives the whats and whys of most exercises so you understand exactly what the objective is. The progression of exercises is logical and very helpful. I have yet to school my horse with any of these exercises, but I have had trainers in the past use some of them and they have worked very well. The content of the book is fabulous, I give it 5\* for that. However, the kindle edition is not very good. Some of the diagrams, mostly keys for the symbols, aren't quite right and the layout of each page is choppy. I found that I would have to go back and forth between pages to really understand what each exercise was asking. One good thing about the kindle edition is that the text has clickable links to previous exercises that are mentioned which is very helpful. There are some tools you can implement that makes it a little more user-friendly, but the layout and page divisions themselves are not helpful. I give the kindle edition 3\*. I recommend getting the print copy and only purchasing the kindle version if absolutely necessary.

Finally, a complete, comprehensive book of gymnastic exercises from the ground up - in an easy to use format! Great for someone aspiring to jump, as well as someone looking to improve their flatwork. If you can jump through all these gymnastics by the woman who designed the Jumping

courses for the Atlanta Olympic Games, you are definitely headed in the right direction! Plus, the guest list includes three (multiple!) Gold medalists and other leading riders and trainers. A must have for the Equestrian library!

Good info., but I don't care much for the spiral binding at the top or the quality of the paper used. Forget leaving this in the barn unless you have a climate controlled tack room. The paper is very thin that will most likely warp and tear in humidity over time (cheap printer paper). The spiral binding at the top was a terrible idea. Within the first use the pages popped out of the flimsy plastic binding leaving me to reattach hundreds of pages! :(It's also difficult to see both the diagram and the instructions side-by-side unless you hold the top of the book out with one hand. And if you flip the pages all the way over like I did you risk having them flip out of the binding all together. As for the actual book, it's nicely laid out and written. However, I would have liked to see a bit more on jumping technique (body & hand position) in the beginning pages as well as some canter pole exercises. It basically has 20 trot pole exercises, then goes into jumps with flying changes. Not the best beginner transition. The canter pole exercises come after about midway through the book and I found some of the distances to be a little off. Overall, a pretty good book that would benefit from a design change.

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