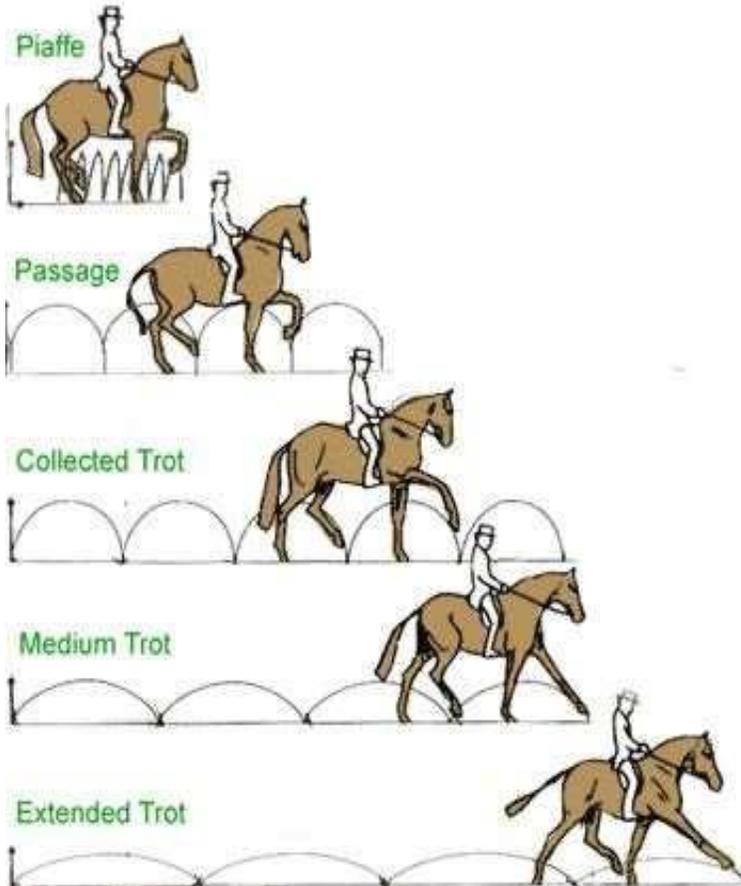


Snippet 10: Transitions within the Gaits

Combining the Body Half Halt, Hands, and the Following Seat: Here's How at the walk.

Close your thighs and keep them closed so you can cut the horizontal distance your seat bones move in half.



Stretch your front line.

Wait for the slowing of the horses' back legs.

As your seat comes to your hands, close and open your fingers at those moments.

Notice that now the front limbs slow. Do not allow the horse to halt. Use your lower legs enough to keep the walk.

You have achieved both slow back legs and slow front legs and slowed the tempo.

Give your seat mobility back to the horse (no pushing), then press your lower legs onto his ribcage for "go".

Wait for the horse's thrust and then allow your elbows to follow more generously and you now have longer back leg movements and longer front limb swing.

Remember giving the reins away is never a forward aid.

So, you have ridden a "down transition" and an "up transition. Think of it as "slow back legs and front legs and long back legs and front legs. This is the incubation for collecting half halts as well as for producing lengthenings and medium gaits.

Notice that slow back legs and long back legs are not opposite concepts in English. However, since half halts are a product of the rider's body and effect the back legs by drawing them under the horse's body even a little bit more, this is the best translation mentally for the rider. Long back and long front legs also translate correctly for a forward and upward transition more accurately than simply thinking about going faster.

Slow and long back and front legs can be done in all three gaits. This technique is a reminder that "all the aids must be applied in the horse's rhythm". (Rhythm is the sequence of the horse's feet. The beat".