



101 Schooling Exercises for Horse and Rider

Jaki Bell, Andrew Day

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Schooling your horse is fundamental to any equestrian pastime, so getting it right is essential to the horse and rider's progression. With 101 Schooling Exercises, you can plan the exercises you want to ride according to the level of you and your horse's ability. Whether to increase your horse's balance, generate impulsion or for more advanced lateral exercises, the easy-to-follow exercises include all the information you need to ride the movement correctly, what may go wrong and advice on how to correct it. Each exercise is accompanied by an aerial illustration of the arena and additional diagrams showing the rider's position including where the emphasis should be on the rider's aids. Celebrities from the equestrian world also divulge their favourite training exercises including celebrity tips and advice.

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