

Let's Talk Show Jumping

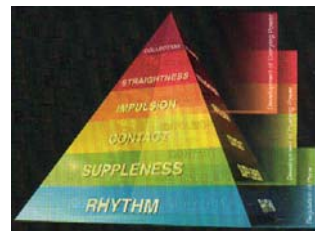


Goals of session:

- Discuss the Jumping - the elements necessary to ride safely over jumps:
 - Flatwork, Cavaletti, Gymnastics, Jumps and Courses

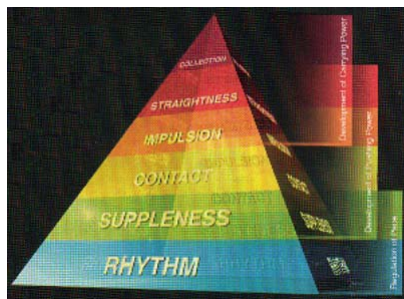
The Essential Foundation

- Rhythm and Regularity
- Relaxation and Suppleness
- Contact
- Impulsion
- Straightness
- Collection



The Foundation:

Flat work = gymnastics + Flatwork = Good Jumping

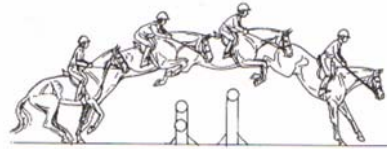


Plus
↔
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- Balance
- Performance
- Confidence
- Association with jumps/types
- "Technicians"

- A progressive method of improving and developing the horse and rider.

Gymnastics



The Use of

- Ground pole exercises, and
- “Grid Work” (Gymnastics)

Both use poles and jumps in a systematic process to teach or re-school the horse and/or rider to jump in balance.

Our End Product We Want to Achieve!



Material requirements

- 10 to 12 foot poles
- 16 poles or so (for most basic grids)
- 8 standards
- Flower boxes or other small naturals.
- Measuring tape
- Ground person
- A Horse

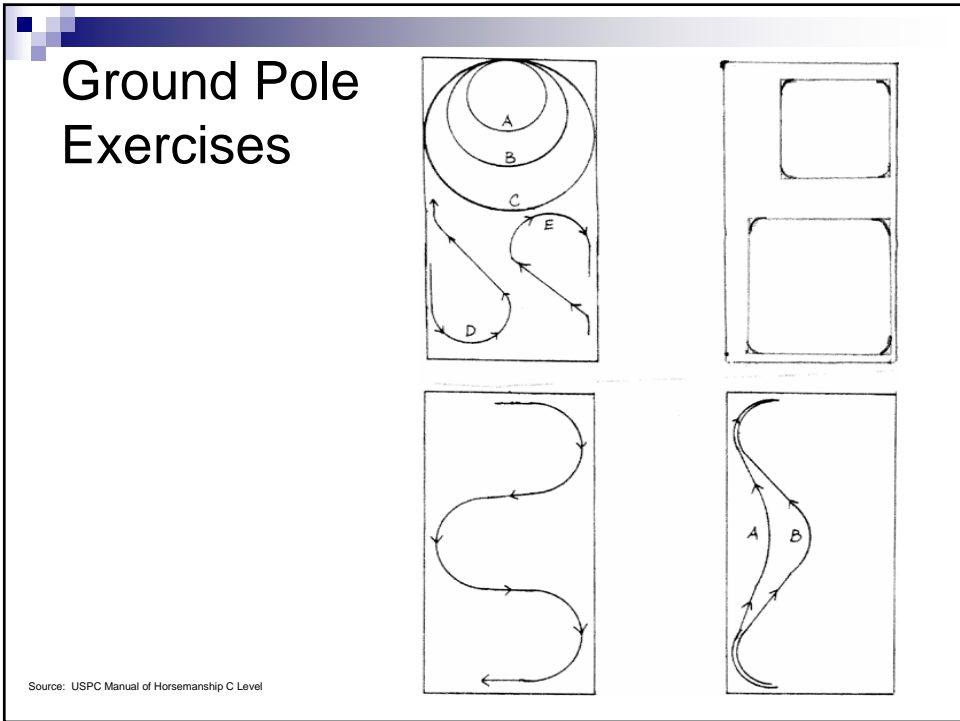
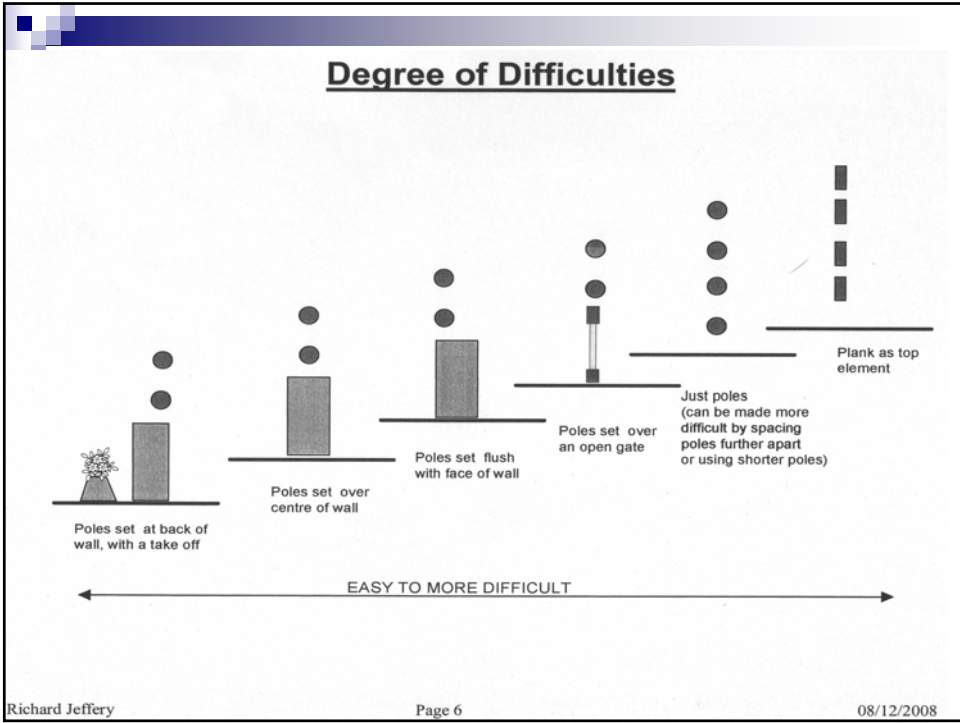


Elements of a Jump Include:

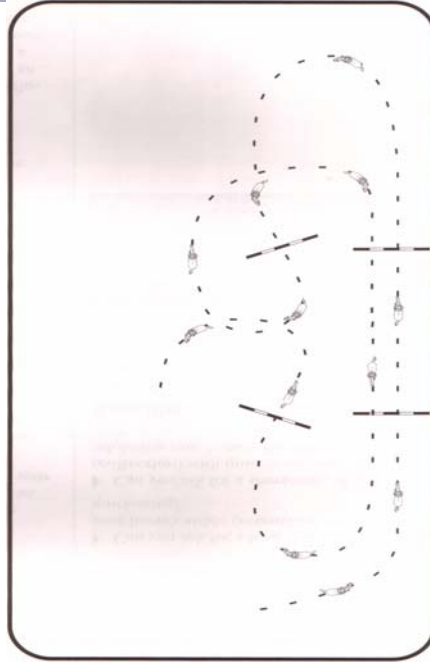
- Standards
- Poles
- Ground line



Disclaimer: This exercise is not approved by the Pony Club.

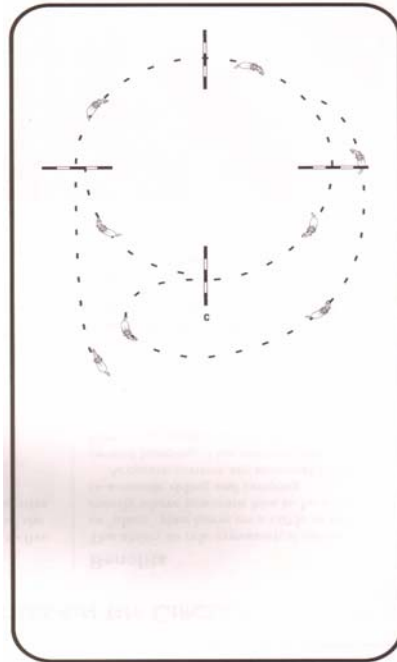


Ground Pole Example 1



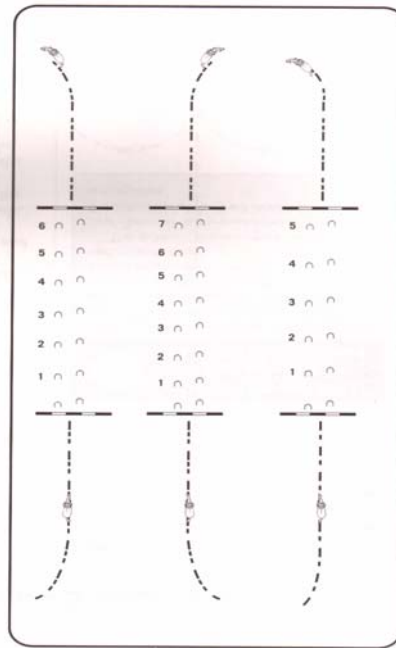
Source: 101 Jumping Exercises for Horse & Rider, Linda Allen

Ground Pole Example 2



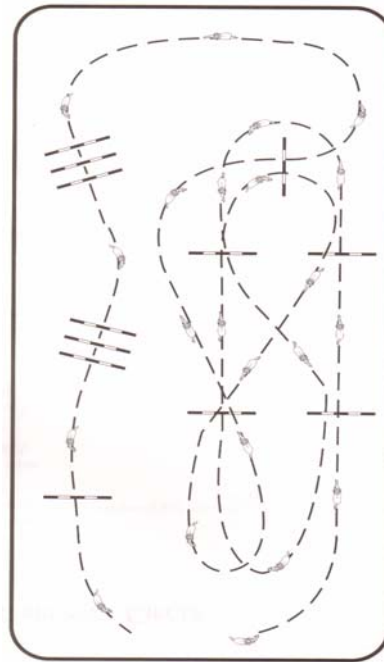
Source: 101 Jumping Exercises for Horse & Rider, Linda Allen

Ground Pole Example 3



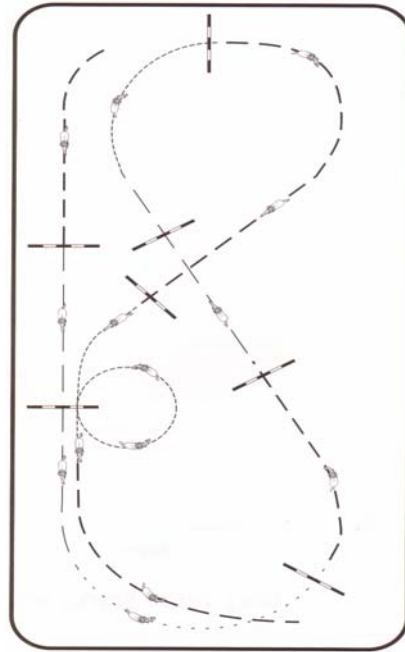
Source: 101 Jumping Exercises for Horse & Rider, Linda Allen

Ground Pole Example 4



Source: 101 Jumping Exercises for Horse & Rider, Linda Allen

Ground Pole Example 5



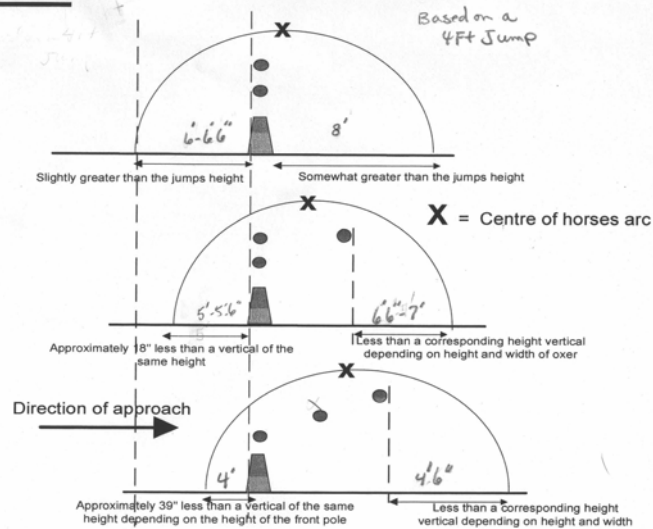
Source: 101 Jumping Exercises for Horse & Rider, Linda Allen

Striding Primer: Take off and Landing



Source: The Masters of Show Jumping, Ann Martin

Jumping Arcs



Richard Jeffery

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08/12/2008

Basic Distances

■ Trotting Poles

- LG Horse – 4'6" to 4'9"
- Small Horse/Large Pony – 3'9" to 4'3"
- Pony – 3'3" to 3'6"

■ Distance from last ground pole to cross-rail.

- LG Horse – 9' to 9'9"
- Small Horse/Large Pony – 8'6" to 9'
- Pony – 7' to 8'

Basic Distances – continued 1

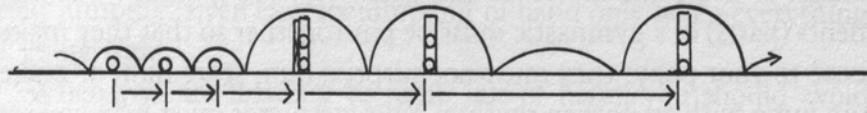
- Distance from first jump element to second. (if a Bounce)
 - LG Horse – 9'6" to 11'
 - Small Horse/Large Pony – 9'
 - Pony – 7' to 8'
- Distance from first jump element to second. (if a single canter stride)
 - LG Horse – 17' to 18'
 - Small Horse/Large Pony – 16' to 17'
 - Pony – 14' to 15'

Basic Distances – continued 2

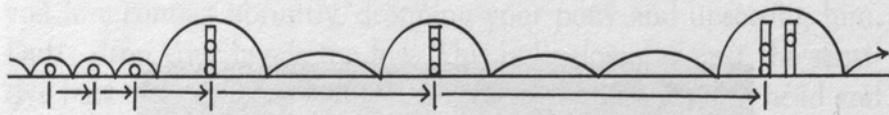
- Distance from 2nd jump to third (if a 1 stride).
 - LG Horse – 20' to 21'
 - Small Horse/Large Pony – 19' to 20'
 - Pony – 18' to 19'
- Distance from 2nd jump to third (if a 2 stride).
 - 28' to 30'

Basic

PROGRESSIVE GYMNASTICS



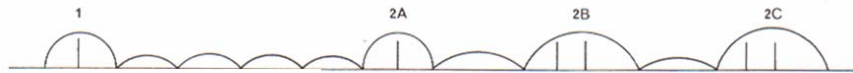
A. Trot poles, bounce, one stride to vertical



B. Trot poles, one stride, two strides to spread

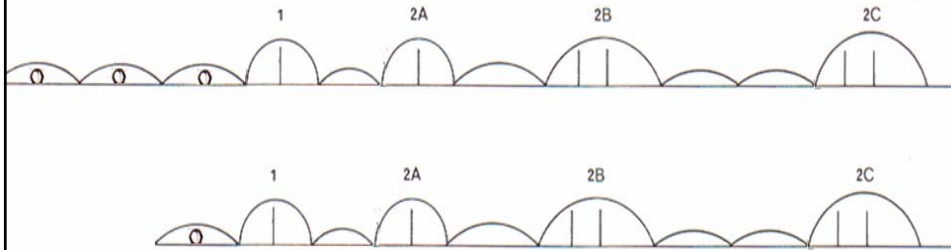
Source: USPC Manual of Horsemanship C Level

Variations on the same theme

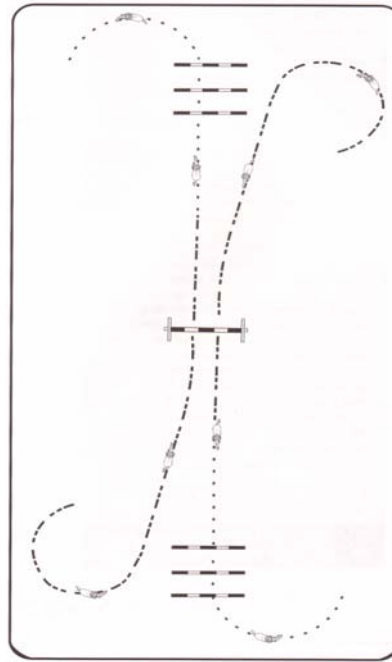


Source: Courses for Horses, Christopher Coldrey

Adjusting from Trot approach Grids to Canter approach Grids

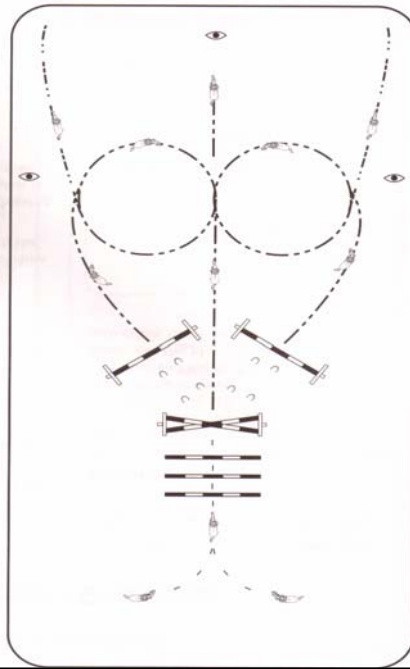


Gymnastic Example 1



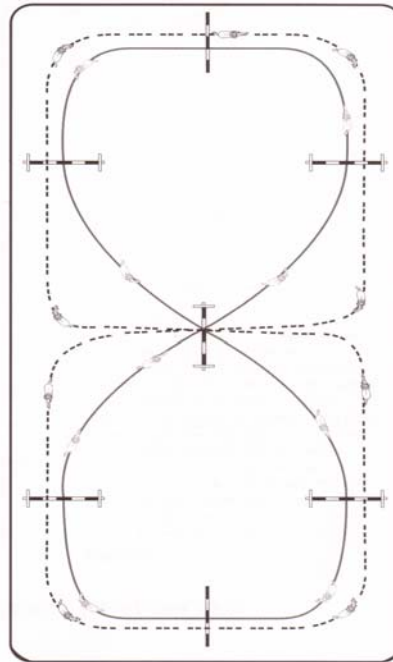
Source: 101 Jumping Exercises for Horse & Rider, Linda Allen

Gymnastic Example 2



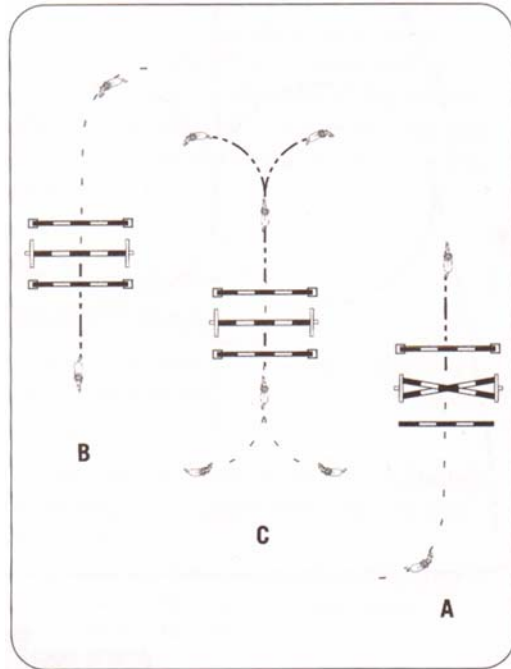
Source: 101 Jumping Exercises for Horse & Rider, Linda Allen

Gymnastic Example 3



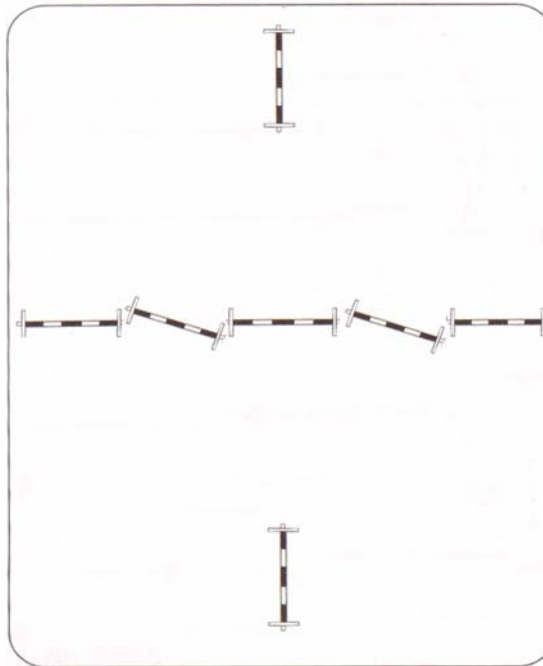
Source: 101 Jumping Exercises for Horse & Rider, Linda Allen

Gymnastic Example 4

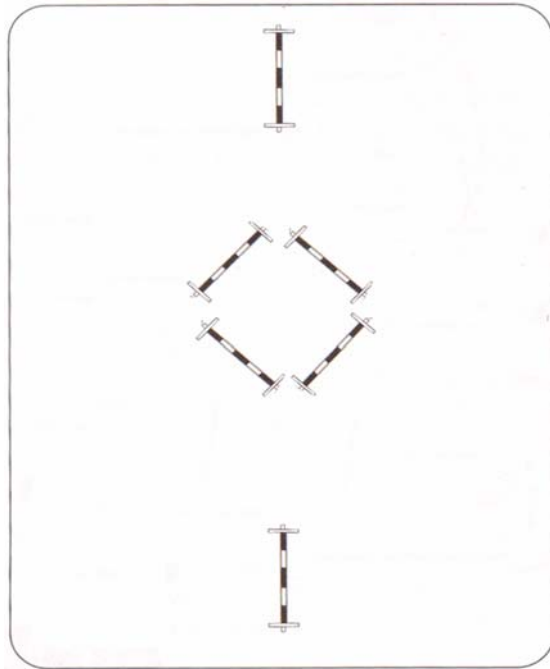


Source: 101 Jumping Exercises for Horse & Rider, Linda Allen

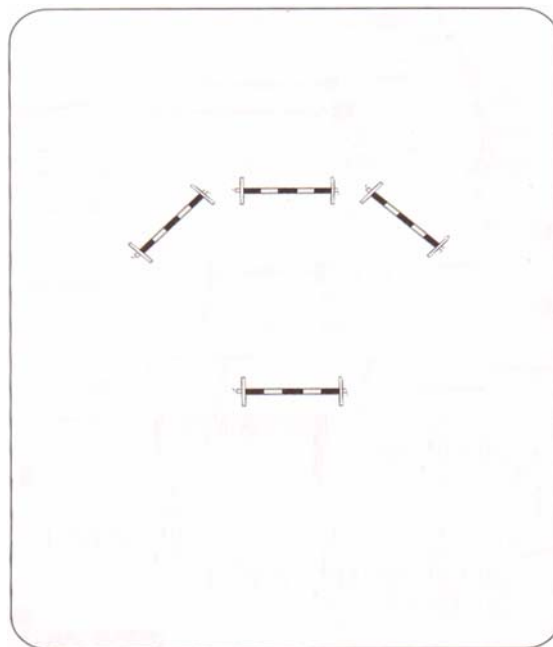
Gymnastic Example 5



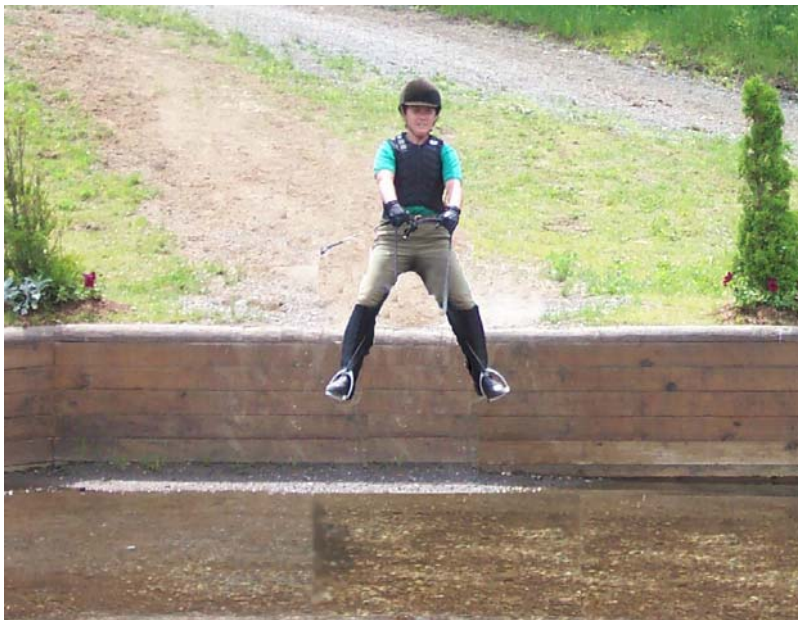
Gymnastic
Example 6



Gymnastic
Example 7



THE END



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