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

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

- Balance
- Performance
- Confidence
- Association with jumps/types
- “Technicians”
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.
**Degree of Difficulties**

- Poles set at back of wall, with a take off
- Poles set over centre of wall
- Poles set flush with face of wall
- Poles set over an open gate
- Just poles (can be made more difficult by spacing poles further apart or using shorter poles)

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**Ground Pole Exercises**

Source: USPC Manual of Horsemanship C Level
Ground Pole
Example 1

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
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 2\textsuperscript{nd} 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 2\textsuperscript{nd} jump to third (if a 2 stride).
  - 28’ to 30’
Basic

PROGRESSIVE GYMNASICS

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

Gymnastic Example 5

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

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