

WESTERN

- Toes up, heels down
- Legs underneath you
- Knees out
 - ✓ For gymkahanas, toes forward for spurs
- Straighten spine
 - ✓ pull tummy in
 - ✓ helmet to the sky
- Open hip angle
- Check following seat

IF RIDING WITH TWO HANDS...

- * Hands in front of the saddle
- * Fingers lightly touching palms
- * Elbows lightly velcroed to sides
- * Shoot the bit
 - ✓ measures elbow wrist bit line

Line should be straight if someone is looking from the side or straight down from above

IF RIDING WITH ONE HAND...

- * Rein hand in front of the saddle horn
 - * Empty hand next to saddle horn
- * Fingers lightly touching palms
 - * Elbows lightly velcroed to sides
 - * Shoulders square
- Shoulders relaxed back
- Chin up so you can see the tip of your nose as you are looking at your destination

ENGLISH

- Toes up, heels down
- Legs underneath you
- Knees out- toes forward for spurs
- Straighten spine
 - ✓ pull tummy in
 - ✓ helmet to the sky
- Open hip angle
- Check following seat
 - ✓ connectors tight
 - connectors are your thumb and index finger they connect the bit to your elbow*
- Fingers lightly touching palms
- Pressure gauges measuring the pressure you are putting on the horses mouth
 - The pressure gauge is located on the outside of the base of the ring finger*
- Check that you have contact
 - The pressure gauge cannot work without contact with the horses mouth*
- Following elbows
 - ✓ Following elbows keep the pressure on the pressure gauge constant
- Shoot the bit
 - ✓ Measures elbow wrist bit line
 - ✓ Line should be straight if someone is
 - Line should be straight if someone is looking from the side or straight down from above*
- Shoulders relaxed back
- Chin up so you can see the tip of your nose as you are looking at your destination