

The Warm

Andrea Harris



I start every ride off, with a calibration of the aids. What that means is you want to balance your horse, get them to accept the aids, and be on the aids.

I like to get on and I let my horse walk and relax and then I start mostly with transitions. I want to then calibrate my horse to the aids meaning that the lazy horse needs to get light off the leg, and the hot horse needs to wait and relax and accept the leg. I start by just trotting and walking, and using transitions.

I start adding change of direction then I start to add shoulder in and haunches in. Also turn on the forehand and turn on the haunches. I'm looking to get the

horse to move laterally off of my leg.

So rarely is there a time when I go 20 strides or 20 seconds on my horse where I haven't asked for something.

Counter canter is one of my favourite exercises, because it gets the horse to think about the leg. We want to be able to ride with leg to the jumps.

All horses are strong after the jump and all



Up

horses pull after the jump. But does it mean that they're in front of the leg?

So in my warm up that's what I'm looking for. I ask all the buttons – lateral, lengthening, shortening, rhythm and relaxation.

After a good warm up your ready to move on to the days work weather that is more flat work, jumping or competition. Good luck!



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