
TODAY'S NEWS



Three riding secrets everyone should know.

Secret number 1: A secure seat.

Secret number 2: Find the true 3 point seat through engagement of core.

Secret number 3: Coming to the understanding that there are two sides to your horses back. But this is only one Newsletter so lets start with one part of these secrets.

WHAT are Seat Bones? Can you find them?

Do you know how powerful your seat bones really are? Do you know where exactly they are located? Let's plug them in and find out!

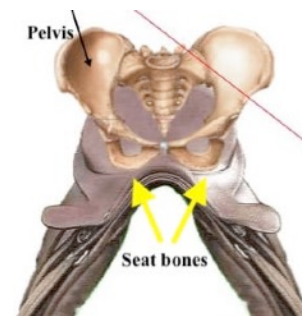
Try this first: Sit on something with a solid bottom in an upright position. Put your hands straight down directly under your bottom fingers point to each other. Rock your body as needed over your fingertips of each hand all the way underneath you. To identify your seat bones, simply move your upper body from side to side or back and forth.



Do you feel them on your fingertips? Now try moving your pelvis around. Then try moving forward until they disappear and back until they disappear. Interesting huh?

Guess what your horse can feel all of this too, even through your saddle and pads together. Of course you already know that the horse's back is a highly sensitive area. You have more contact with your horse through your seat than through any other aid, whether you ride Western, English, Saddleseat or bareback.

How you sit in your saddle affects just how well your seat bones "communicate with your horse." Leaning forward past your seat bones or leaning back away from them will compromise your seat bone contact along with a mis-communication to your horse.

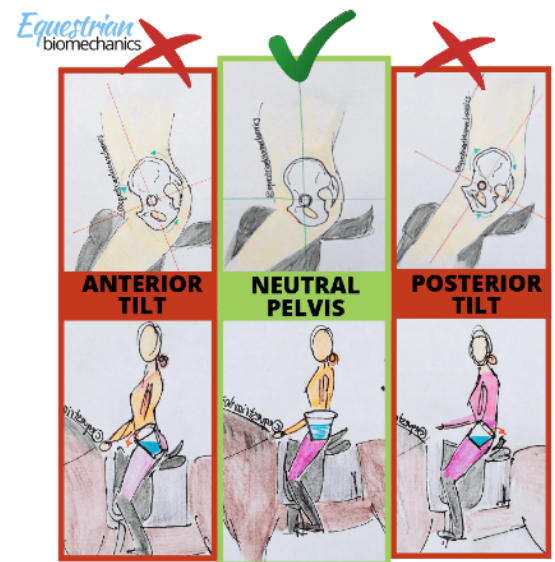


To become more aware of how your seat bones communicate with your horse, experiment at a walk. Sitting straight up with your seat bones plugged in the saddle, try plugging only one seat bone in and see if your horse still walks a straight line. If you tip your pelvis to put more weight on your left seat bone, it could cause him to drift to the left as he attempts to place his balance under yours or escape your heavy seat bone and go the other way.

Let's experiment with other movements of your seat bones, and see how your horse reacts or how you react with balance. Practice removing your seat bones, notice the difference when they are connected, as compared to when you've lost contact with your seat. What happens?

Get a buddy to take a picture or look and see that you are sitting evenly in the saddle. When you are all squared up and sitting even, see how it feels. Have you felt both seat bones all this time? How about at the trot? Are you sitting evenly with both seat bones? It is very easy to get out of alignment and sit crooked or even fall into the bad habits that you don't even realize.

Check this out, quickly let's talk about your pelvis and what else it can do with your seat bones. Your pelvis can tilt forward which we call anterior tilt, stay neutral or tilt back is which we call posterior tilt. See the diagram notice what you can change with your pelvis tilt. Tilting your pelvis can be important in certain movements one way is not always the same. A Neutral pelvis is the relaxed all is good position for rider and later we can discuss why and when to tilt.



If you were to drop vertical line down from your ear through the shoulder, pelvis and heel. Relax the shoulders, the pelvis is in a neutral position, and the legs are under us. Feel both seat bones equal and relax. You are on to one of the best secrets to becoming a better rider. This concludes finding your seat bones but...get excited because the next news letter will be all about these three secrets and what to do to practice finding your strength and confidence as a rider!