

English Information

- What is posting? – Posting is widely used in English riding, and not as much in Western riding. It is done during a trot. You raise out of the saddle for one beat and sit down in the saddle for one beat.
- Diagonal is also a term primarily used in English riding. The term is in reference to which fore leg is moving forward while the rider is in the up position while posting. The rider should always be in the up position of a posting trot when the outside fore leg is farther forward. That is the horse's leg that is closest to the arena wall.
- English riders will always use two hands on their reins.
- The English saddle is designed to give close contact between the rider and the horse, whereas, the Western saddle is designed to distribute weight more evenly on the horses back.
- English attire is different than Western attire. English attire includes a helmet or hunt cap, a fitted jacket, shirt, breeches, and tall boots, whereas, Western attire includes a cowboy hat, western style shirt, jeans, and western boots.