

About Learning Riding and Horsemanship:

Horseback riding is a skill that is incomplete without understanding horsemanship. Horsemanship is an old fashioned word that describes a person who understands the needs and appreciated the personalities and motivations of horses as a species and as individuals.

Learning riding and horsemanship is the ultimate hands-on experiences that requires a steady commitment of time, interest, energy, and dedication. Patience, persistence, and pleasure in learning are necessary ingredients for success. Success is sometimes narrowly defined as the skill of winning blue ribbons at a horse show, but genuine success can be measured by the enhanced and improved physical, mental, and emotional health of the rider and their increased abilities in coping with the challenges of everyday life.

Horses are large, powerful animals and a certain amount of danger is involved in a close association with them. Learning safe ways for working with animals requires education and experience. While our lessons horses and ponies are kind, gentle, trained, and enjoy working with human beings generally, they have their likes/dislikes, moods and “off” days, just as we do. Inevitably, those working with horses will have a foot stepped on in a lapse of attention. Occasionally, people fall off the moving horse after losing their balance suddenly, but these accidents are rare and usually without lasting consequences, other than an injured ego. It’s all part of learning to ride horses.

The goal of EquesTraining is to help each student develop a solid and strong foundation in riding and horsemanship skills to prepare them to enjoy riding and working with horses safely. Whether a student rides solely for recreational pleasure and equine companionship or has plans for further advancement in a particular riding discipline and intends to compete, we want them to possess the confidence and skills they need. Every student is taught as an individual. Working with horses and riding can be very fulfilling and many health professionals regard it as an excellent therapeutic practice.

Please read over the Liability Forms, Protocols and the Contract for Services, as well as other information provided, and ask me any questions you may have concerning any of it. Example: For the student, having a semester term of 12 lessons allows reasonable goals to be set and mastered within that time frame and contributes to feelings of achievement. For the instructor, it helps with establishing and maintaining progress in learning. For the horses, it develops trust and consistency in a partnership. For business, a steady income projection ensures that the services EquesTraining provides will continue to be available, and that the horses will have plenty of hay to eat and the farrier and vet bills paid!

There are many excellent books, videos, and websites concerning riding and horsemanship. I will gladly provide a reading list for anyone who asks. The textbook for beginning students recommended by EquesTraining is:

The United States Pony Club Manual of Horsemanship Basics for Beginners D Level

Websites to explore:

www.ponyclub.org www.americanvaulting.org www.pathintl.org

*Thank you,
Star*