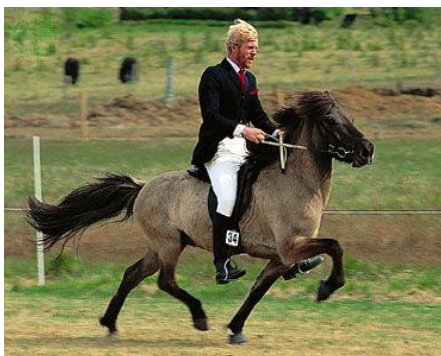




### 3 HORSE GAITS



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Horse gaits are the various ways in which a horse can move, either naturally or as a result of specialized training by humans.

The horse has a few natural gaits, including the **WALK**, **TROT**, **CANTER** or **SLOW GALLOP**, and **GALLOP**.

A) The **walk** is the slowest. It is a four-beat gait that averages about 6.4km/h. When walking, horse's legs follow this sequence: left hind leg, left front leg, right hind leg, right front leg, in a regular 1-2-3-4 beat. With the walk, the horse will alternate between having three or two feet on the ground.

B) The **trot** is a two-beat gait that has a wide variation in possible speeds, but averages about 13km/h. A very slow trot can be referred to as **fog**.

C) The **canter**, or **slow gallop**, is a three-beat gait that usually is a bit faster than the average trot, but slower than the gallop. The average speed of a canter is 16-27km/h, depending on the length of the stride of the horse.

D) The **gallop** is the fastest of the horse's gaits, averaging about 40 to 50km/h. Some authorities consider the gallop a four-beat gait, especially in an extended run.

## 4 EQUIPMENT

# Equestrian Equipment



**Saddle**

The saddle is a supportive structure for a rider or other load, fastened to an animal's back by a girth.



**Bridle**

The headgear used to control a horse, consisting of buckled straps to which a bit and reins are attached.



**Helmet**

A form of protective headgear worn when riding horses.



**Saddle Pad**

These are usually used to absorb sweat, cushion the saddle, and protect the horse's back.



**Ear Net**

Ear nets protect the delicate ears from dirt and pests and allow them to concentrate on their work.



**Blanket**

A blanket is used for keeping a horse warm and protected from wind or other elements.



**Comb**

The horse is rubbed to help loosen dirt and hair. Plus it stimulates the skin to produce natural oils.



**Protection Boots**

Fitted boots help to protect your horse's legs from knocks and bumps.



**Horse Shoe**

A horseshoe is a normally made of metal and is designed to protect a horse's hoof from wear.



**Brush**

Grooming brushes remove dust from your horse's coat and leave them with a good shine.



**Riding Boots**

The classic boot comes high enough up the leg to prevent the leathers of the saddle from pinching the leg of the rider.



**Stirrups**

A stirrup is a light frame or ring that holds the foot of a rider, attached to the saddle by a strap.



**Hoof Pick**

Perfect for removing mud and stones. Small brush to finish cleaning hoofs before greasing them up.



**Girth**

A girth, sometimes called a cinch (Western riding) is a piece of equipment used to keep the saddle in place.

### riding breeches/britches



### gloves



### helmet



### reins



### **Getting on and off the horse: Actions**

get on: mount (montar / subirse)

get off: dismount (desmontar / bajarse)

hold on to: to hold something firmly with your hands (agarrarse de/a)

grab: to suddenly take hold of something (agarrar)

grip: to hold very tightly (agarrar/sujetar haciendo fuerza)

straighten: to become straight, not curve (estirar/poner recto)

bend: to move a part of the body so that it is not straight (doblar)

slide: to move easily without interruption on a surface (deslizar)

press: to push something firmly (empujar)

swing: to move easily and without interruption backward or forward or from one side to the other (balancear/mover)

take (...) out: remove (sacar)

put (...) in: to introduce (introducir)

lean on: rest a part of the body on something (apoyarse)

release: to give freedom of movement to something (liberar)

pull on: tug at (tirar de)

engage: to become involved (involucrar)

balance / keep your balance: to be in a standing position without falling to either side (mantener el equilibrio)

fall over / off / forward / back: fall to the ground (caer, caer hacia delante, caer para atrás)

### **Movement direction**

backward(s): hacia atrás

forward(s): hacia delante

upward(s): hacia arriba

downward(s): hacia abajo

Rear: back

Front

## **5 CARING FOR A HORSE**

### **GROOMING A HORSE**



[Stockbyte/Thinkstock](#)[Stockbyte/Thinkstock](#)

A horse should be thoroughly groomed at least once a day, especially before riding. A well-groomed horse looks attractive, but grooming has a far more important function. It improves the animal's circulation and helps tone the muscles. It also removes dirt from where a saddle or the straps of a bridle sit on the horse. Any dirt between those implements and the horse can irritate the horse's skin. So vigorous grooming is necessary.

Grooming tools include a cloth, a brush of rough straw, a soft body brush, a rubber or plastic currycomb, and a hoof-pick. All parts of the horse's body must be groomed. The cloth is used first to remove surface dust and dirt. The soft brush cleans the face and lower legs where the hair is short. The currycomb and rough brush are used where the hair is long. The horse's feet need special care to prevent infections. They should be cleaned every day and each time the horse is ridden. A hoof-pick is used to pick out hard materials such as packed manure and stones that collect under the foot.

Grooming gives riders an opportunity to inspect closely all parts of the horse's body for any cuts, abrasions, or signs of disease. The stable should be equipped with first-aid products. Home remedies can be used to treat superficial cuts and abrasions, but a veterinarian should be called to treat any other kind of injury or disease.

## 6 HOW TO MOUNT AND DISMOUNT A HORSE

### A) How to Mount a Horse

1. Stand next to your horse's left shoulder facing the tail. ...
2. Bounce on your right foot and push with your left to swing your right leg over the horse's back.
3. Be careful not to kick your horse as you swing your leg over.
4. Sink gently into the saddle.
5. Put your right foot in the other stirrup.

### B) How to dismount a Horse

**1. Make sure the horse is still and calm.** Never dismount until the horse has stopped moving completely.

**2. Hold the reins and mane in your left hand.** Move both reins to your left hand. Keep holding them for the duration of the dismount. While holding the reins, grip the horse's mane. This will help stabilize you, and will not hurt the horse.

**3. Remove your right foot from the stirrup.** Stand up in the stirrups, gripping the saddle pommel with your right hand for balance if necessary. Tip your right toe down to remove your foot from the right stirrup.

**4 Pivot your right foot over the horse's rear.** Lean your body forward over the front of the saddle, and bring your free right foot well up and over the rear of the horse, onto the left side. Be careful not to kick the horse's rear while you do so, as this can cause the horse to spook and start moving.

**5 Finish dismounting (one foot).** There are two common ways to complete the dismount. To dismount on one foot, simply lower your right foot to the ground, keeping your left foot in the stirrup and your hands on the pommel and cantle (front and rear) of the saddle. Flex your knee slightly as you land to absorb the impact, make sure the horse is not moving, then use your right hand to lift your left foot out of the stirrup.

**6 Finish dismounting (both feet).** Alternatively, complete the dismount by pushing your left foot gently out of the stirrup as well, then sliding along the horse's belly to the ground. Complete this motion fluidly, without pausing, and flex your knees as you land.