

## UNIT 2: HORSE RIDING

### 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

## 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.