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Introduction

Back in the days, horse riding was originally a means of transport. However, it has now become not just a means of transport, but also evolved into a competitive sports and also a recreational pastime through the centuries horse riding can also be a part of other games such as polo, where players ride on the back of horses and use their long mallets to hit a ball so as to score goals against the opponents. In such cases, horse riding forms the fundamentals of these games as players will only be able to win if they have mastered horse riding by remaining mounted on the back of their horses and also successfully manoeuvring their horses.

As a sport on its own, horse riding consists requires the riders to ride and vault with their horses. For those who are competitive, you can take part in various riding competitions, such as show jumping where horses jump over fences and clear obstacles. However, if you are not interested in such competitions, you can also take up horse riding simply as a hobby or a pastime. While you may start horse riding with different intentions, one thing is for sure – to begin, you will definitely have to find a good trainer or riding class which will help you to set a solid foundation for this sport. When you have learnt the basics of horse riding, you will then be able to improve and even ride, without any coach's supervision, on open fields. This will certainly allow you to enjoy the beauty of nature and appreciate the simple things in life.

To kick start your horse riding adventures, here is some information on horse riding, the benefits that it brings, what you should take note of before your first horse riding class and also how to hone your skills.

Horse Riding & Its Benefits

Many people these days are looking for pastimes which will be enjoyable and help them to forget their troubles. Some exercises make great pastimes as they not only help to keep everyone healthy and fit, they are also relaxing. One such exercises is horse riding.

Horse riding has been a well known activity which many individuals engage in, even for those in the high societies of Europe. Although it may seem like any regular sport, it has lots of benefits for people who would like to try it out.

One of the first benefits of horse riding is that it helps to improve the physical aspects of a person. It provides a good exercise that will help people stay fit. One of the major body parts it exercises are your muscles. Being in contact with the saddle can work the muscles on the inner thighs and also your gluteal muscles. Your leg muscles will also receive a good workout as you balance yourself on top of the horse with the help of the saddle's iron or stirrup. This is where you place your feet so as to stay in position. With the right amount of strength, you'll keep yourself in place as you ride. You may struggle at first but you'll be able to gain the strength you need as you practice. In addition, the upper muscles in your arms, shoulders and back will also be utilised as you hold onto the handles during the course of horse riding.

In addition to physical exercises, getting a good respiratory exercise is also possible with horse riding. The movements will stimulate a good heart rate that will ensure blood circulation and proper breathing.

Finally, horse riding is a good hobby as it can help people relax with every ride. It can help a person relax especially when they are appreciating the beauty of nature and how the breeze feels as it gently blows through your hair. Although you may be riding alone, the nature and the company of your horse can surely bring forth a relaxing feeling.

In conclusion, horse riding is not just an activity that equestrians carry out but is also something beneficial for everyone. There are now lots of facilities available for this activity so you can easily make it a hobby so that you will be able to enjoy the benefits of horse riding.

How To Improve Your Horse Riding

Horse riding is starting to become a popular activity around the world today. In fact, even many people, who are not equestrians, are now taking part in this activity. In response to the rising demand for this sport, many facilities are now opening up their riding fields for those who want to try it out.

If you're able to try it out for yourself, you may find it the best hobby or activity for you and want to improve your horse riding abilities. These are some of the things you can do to help improve your skills.

Back to the basics

Since you are a beginner, it's essential for you to learn lots about the basics of horse riding. There are a lot of people who can help you on to master the fundamentals of horse riding, such as classes or personal trainers. A horse riding facility may have experts who are conducting classes within their facilities, thus you can check online or ask their staff personally to inquire. This will surely help you with the right stance and proper riding techniques to keep you on the horse safely.

Read on other resources

There are many resources that can help you enhance your skills. You will be able to find online guides written by experts that can serve as references in order to help you get all

the things that you need to learn about horse riding. You will also be able to find books and magazines focused on horse riding.

Practice at home

There are some things that are essential in horse riding can also be practiced at home. Balance and strength are two of these elements. Train at home by doing balancing exercises such as sitting on an exercise ball to help you master horse riding in a shorter time.

Ride as much as you can

It's important for you to practise the real thing as much as possible in order to improve your skills quickly. You definitely should spend time in the riding field whenever you can.

These are a few things that will help you improve your horse riding skills. Practicing and learning as much information about it will give you the most benefits and may find yourself riding out in open fields on your own. This will help you enjoy the activity more or even help you to find a career out of it.

Things You Should Know Before Starting Horse Riding Lessons

Looking at an equestrian, you will be able to observe that they maintain poise while riding their horses. How they are able to maintain their stance and posture as they ride with speed can truly amaze those people who watch them. In fact, many people are trying out this activity for this reason alone.

If you're among these people who want to try out this activity, one of the things you'll think of is enrolling into lessons to teach you all the things you can do in order to help you ride these fast running animals. However, it's also important for you to have an idea first about these classes so you can properly prepare for it and know what to expect. Here are several of the things you must know before enrolling on the class.

Being a beginner, you may want to first have a taste first of this activity. Instructors may allow you to try it out first so you'll see how it feels. But since you're a beginner, it will be a supervised ride either with the instructor walking the horse as you ride it or riding along with you. This way, you'll have an idea of how this activity is carried out and see whether you're ready for the actual thing or not.

The next thing you may want to know is to whether you'll be able to ride right from the first class. This will depend on the instructors. Some may only let you take theory

classes for the first class while others may choose a more hands-on teaching method. But even if you can't ride on these first classes, you're assured that you'll get a first hand class by being on the field and learning various horse riding items.

Thirdly, you should know about the various equipments you will need to have during this class. A good example of this is a helmet. This is a horse riding essential that you must have to protect you just in case you fall off the horse. The right clothing should be worn so you will feel comfortable as you ride. Search online for the recommended pieces of clothing or ask your instructor so you'll know the right ones for you as beginners.

Conclusion

In conclusion, there are several things that you may need to know before taking these classes. Now, you know what to expect and the things that you must know so you can totally enjoy your lessons. Start your classes by following these tips and you'll be totally prepared for it.

In conclusion, horse riding is certainly a sport which you will be able to master as long as you put in the effort and pay attention in your classes. When you are just a beginner, you should not practice riding without any experienced riders around to help you. As some horses are slightly aggressive, you may find yourself thrown off its back especially when you do not know how to handle them. This may lead to serious injuries, especially if you are not wearing the proper safety gear. Hence, whenever you are getting ready to mount your horse, make sure that you are well equipped and you also have an experienced rider around who will be able to give you advice. If you are practicing on your own horse, you should also spend more time with the horse by feeding and grooming it personally. This will help you to strengthen your bond with your horse which will make horse riding a great experience as you will enjoy the company of your horse.