



Dr. Mike s Horsemanship Responsive Riding (Paperback)

By Michael Guerini PhD

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In this book Dr. Mike provides numerous training exercises so that riders will gain a better feel of the horse. Each exercise is well described and shares with you the benefit of performing the exercise. The book includes multiple warm-up exercises for getting better directional control and the proper use of your legs when riding. Advanced exercises are included for enhanced responsiveness. The basics of dressage and proper biomechanics are presented to help you improve your body language and pre-signal communications with your horse. Table of Contents: Introduction Preparation of the Rider Preparation of the Horse Increase Responsiveness with the Ground Steps to Success How to use our body to succeed on the ground and in the saddle Rein Management Rein Exercises to gain suppleness and a rhythm with your horse Proper use of your Legs Warm Up Exercises to gain Responsiveness Warm Up Exercise #1: Trotting on the Oval Warm Up Exercise #2: Turns on the forehand and forward movement Warm Up Exercise #3: Moving around a Point Warm Up Exercise #4: Riding with Straightness (Holding the Line) Warm...



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