

# Allegan County 4-H Cloverbud Horse Sheets

## RIDING



Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, marital status, or family status.

## Clothes for Riding

Clothing should be comfortable and safe for the type of riding being done. It should protect the body from irritation while rubbing against the saddle.

### Western Riding

Blue jeans and a comfortable shirt are probably best for open-country riding.

Cowboys often wear chaps (seatless leather trousers) that fit over their regular trousers. Chaps are worn to protect the legs.

Boots are the safest footwear. Reinforced toes are recommended. Tennis shoes, sandals and bare feet are not safe when riding or working with horses. They are not secure in the stirrup and do not offer protection if a horse steps on a toe.

A slicker may be needed when going on long rides away from shelter or in bad weather.

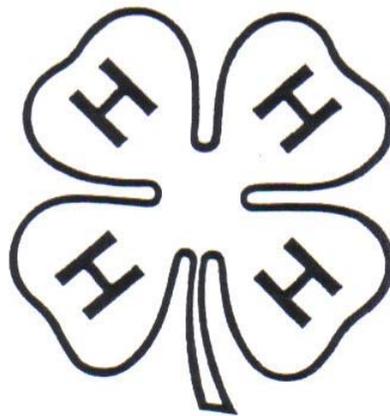
A cowboy hat protects the face and eyes from sun and wind.

### English Riding

A different type of clothing is selected when riding an English saddle.

Riding breeches or jodhpurs are worn. They are designed to give plenty of seat room. Lining inside the knees and calves prevents the stirrup leathers from pinching the legs.

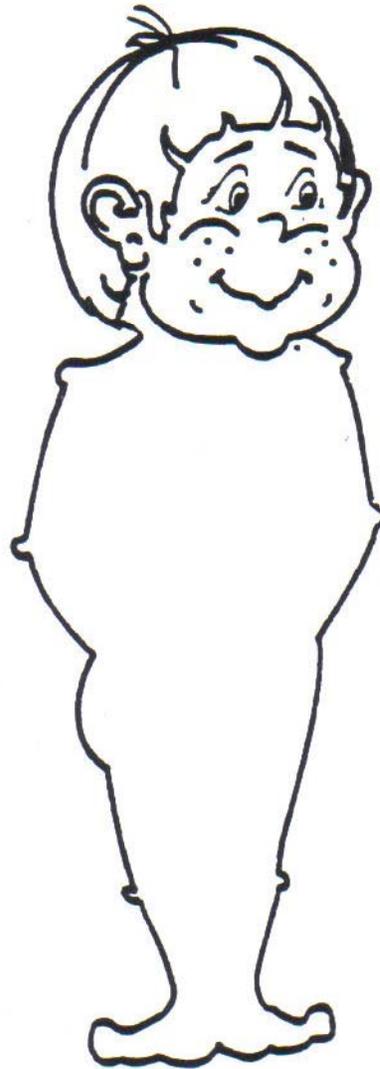
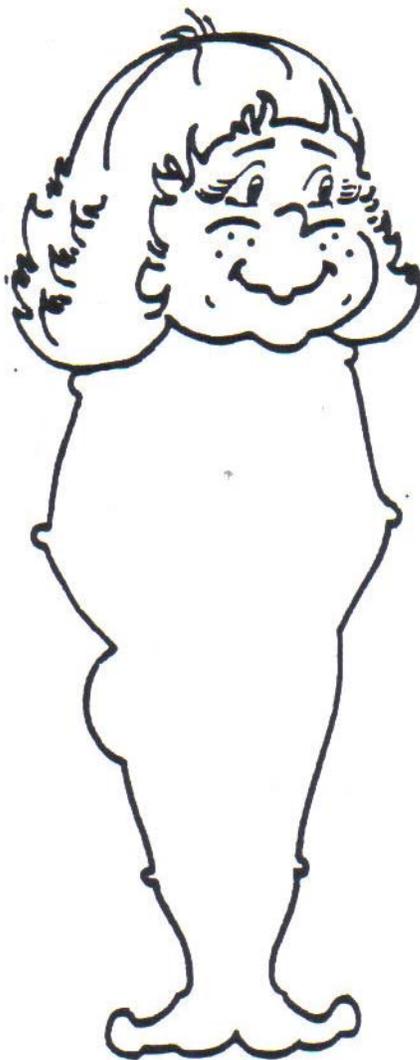
A hunt cap is a helmet that protects the face and eyes from the sun. A helmet is necessary when jumping.

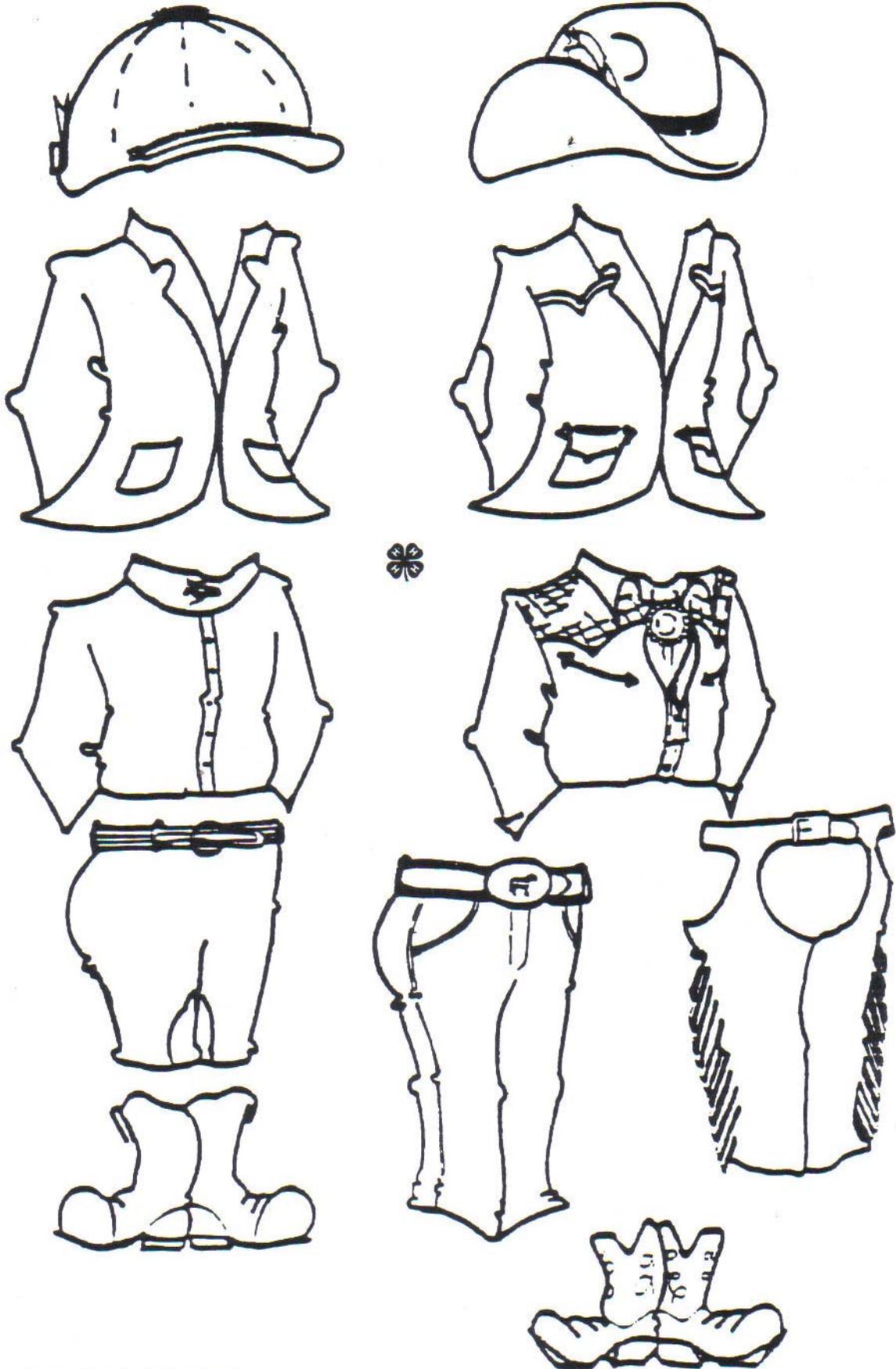


What would you wear when riding?

Color and cut out the clothing on the next page.

Put the clothing on the riders on this page.





NAME \_\_\_\_\_

DATE \_\_\_\_\_

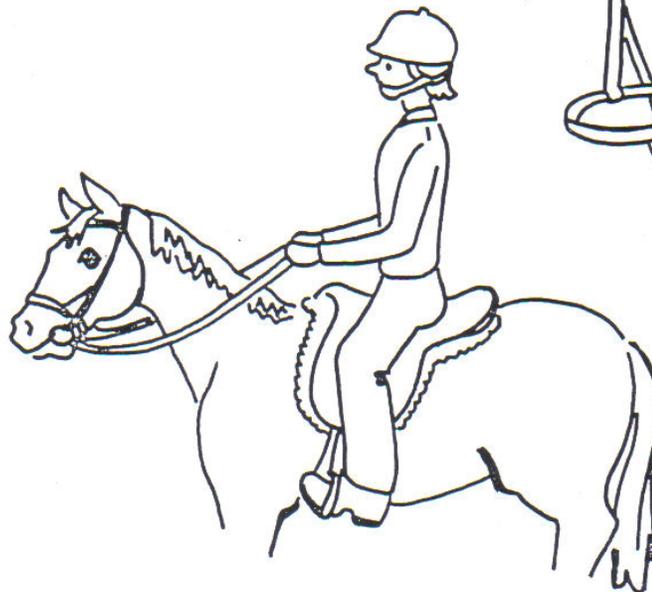
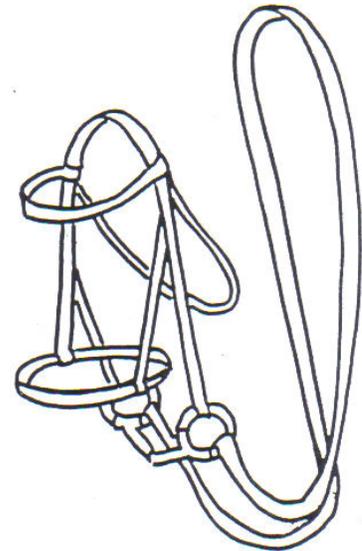
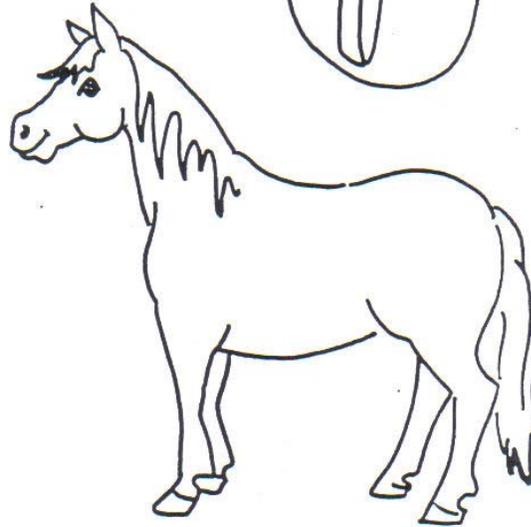
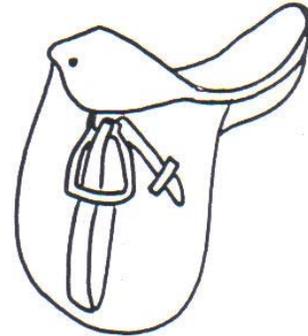
MATCH GAME  
DRAW A LINE TO:

BRIDLE

RIDING POSITION

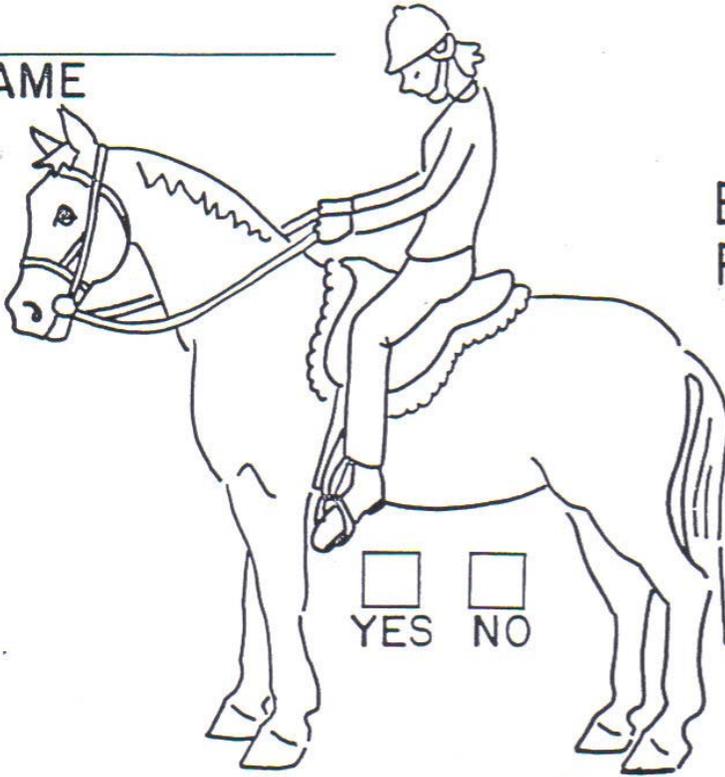
SADDLE

PONY



NAME \_\_\_\_\_

DATE \_\_\_\_\_



### BASIC RIDING POSITION

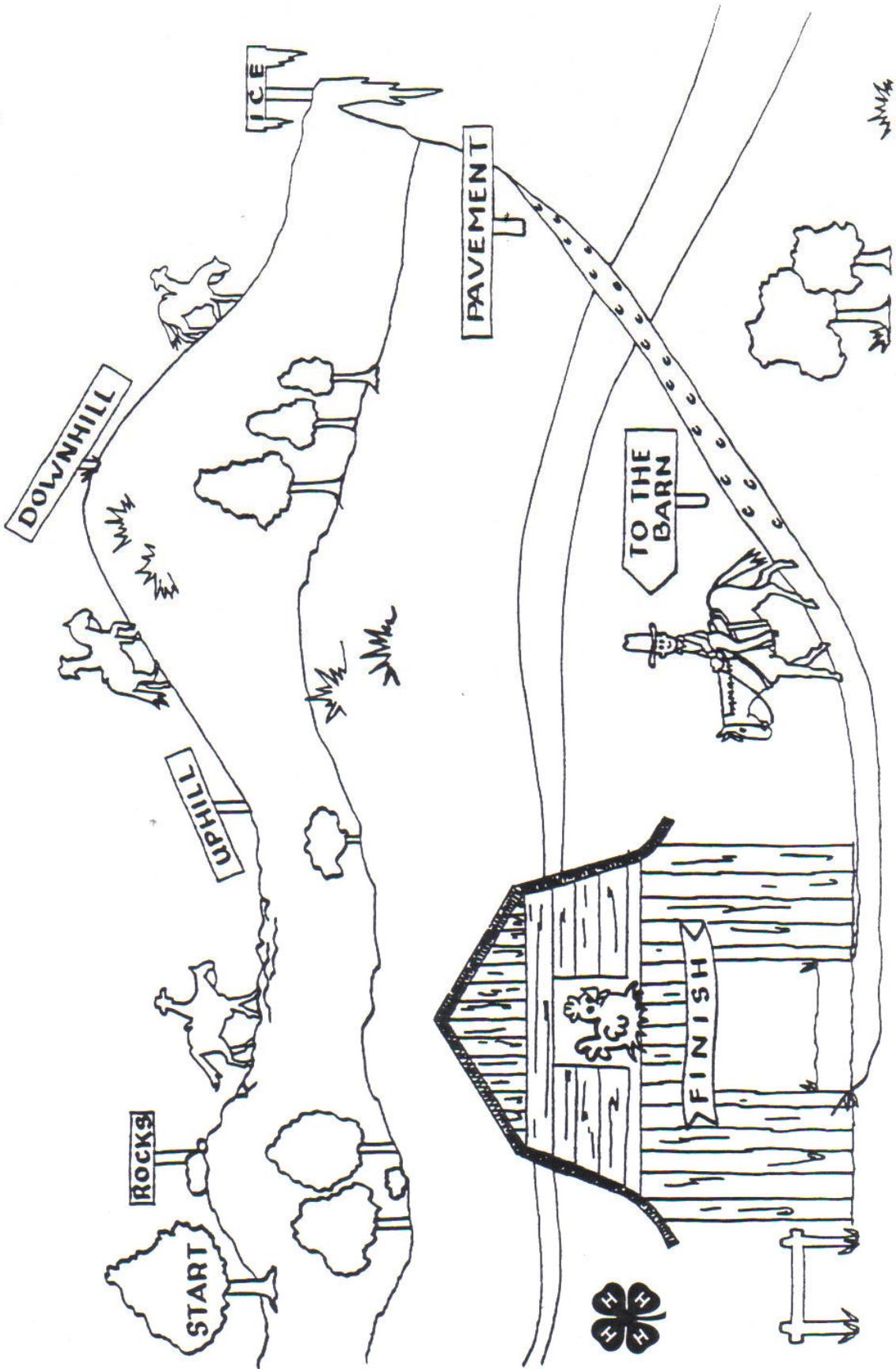
- HEELS DOWN
- HANDS DOWN
- BACK STRAIGHT
- LEGS BACK

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CHECK THE YES BOX WITH THE CORRECT POSITION

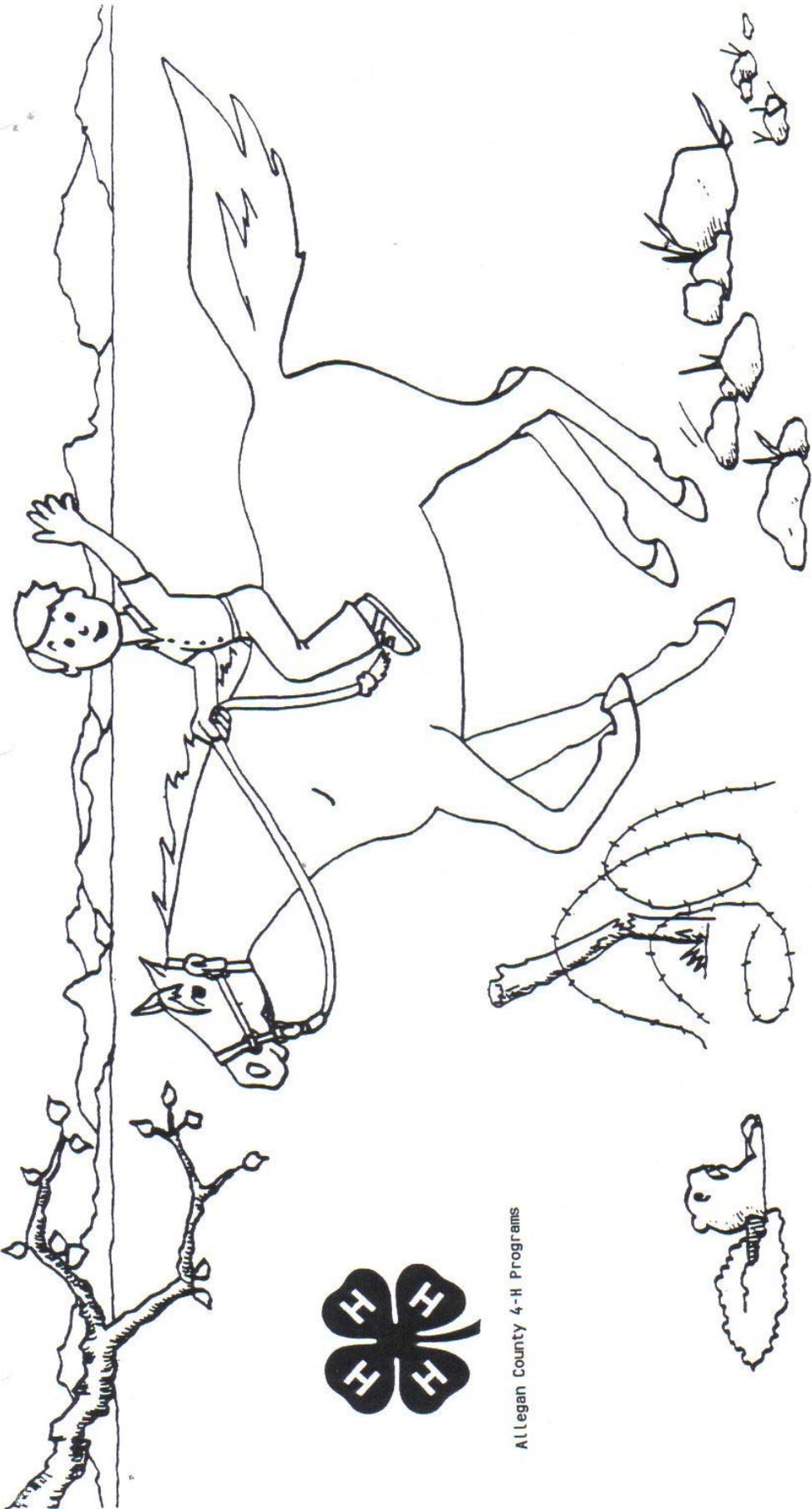
CAN YOU FIND 6 PLACES YOU SHOULD SLOW YOUR HORSE TO A WALK ?



! sprazoy zrow zmos woyr nok way

- 1. Bareback
- 2. Tennis Shoes
- 3. Showing off
- 4. Reckless Racing
- 5. Low Branches
- 6. Gopher Hole
- 7. Running on Rocks
- 8. Riding with Halter
- 9. Riding in barbed wire

? zanyid sigt ni sprazoy buipir 6 puif nok way



# DO YOU KNOW WHERE THE BRAKES ARE ?



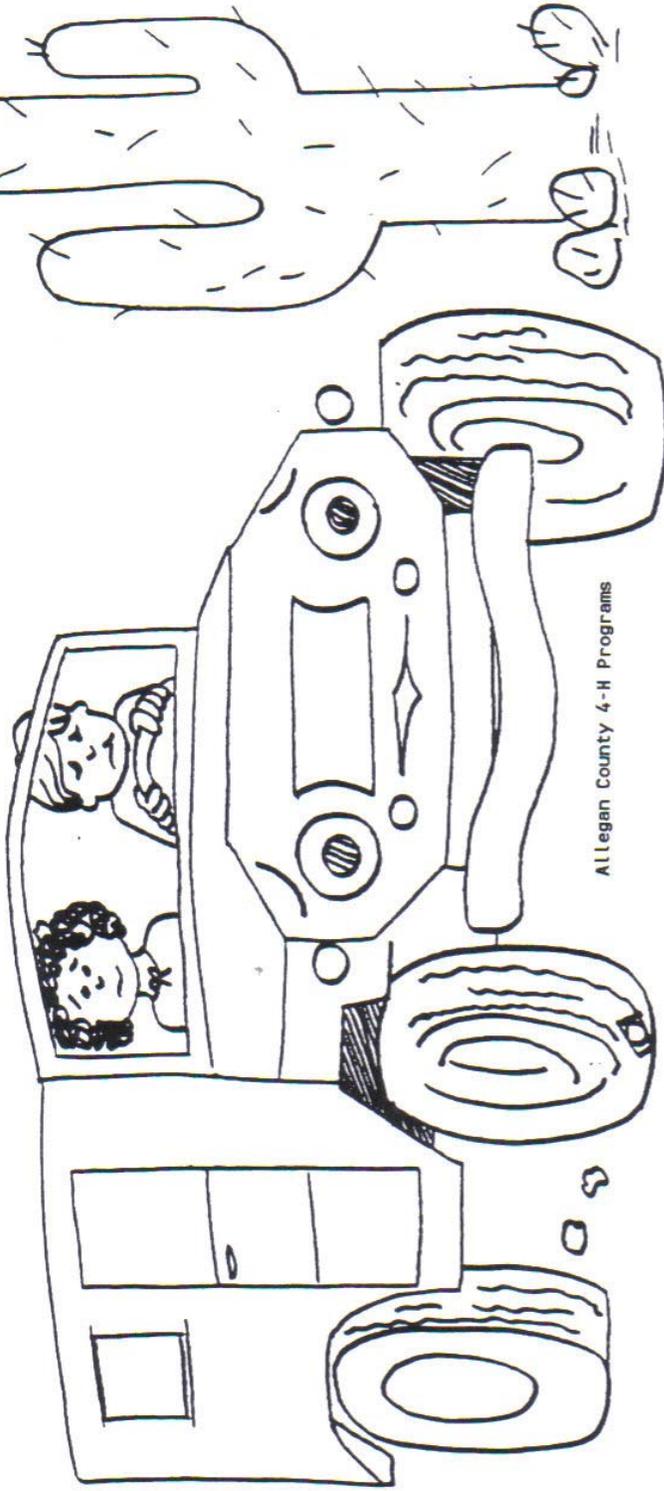
## HORSE BRAKES

- Say "Whoa" in a slow and firm manner. Gradually tighten rein pressure.
- Brace for the stop by taking a deep seat, keeping your heels low and leaning slightly back.

## WHAT TO DO IF YOUR HORSE BECOMES SPOOKED AND RUNS OFF.

- Stay calm and lean slightly back. Talk to your horse soothingly.
- Tighten only one rein and with a give and take rein pressure, direct the horse into smaller and smaller circles until he can be stopped.

CIRCLE CORRECT ANSWER



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1. Do you let a car go wherever it wants ?      Yes      No
2. Do you let a horse go wherever he wants ?      Yes      No
3. Do you let a car go as fast as it wants ?      Yes      No
4. Do you let a horse go as fast as he wants ?      Yes      No
5. Who is always in charge ?      You      You

ANSWERS : 1.) NO 2.) NO 3.) NO 4.) NO 5.) NO, you, you

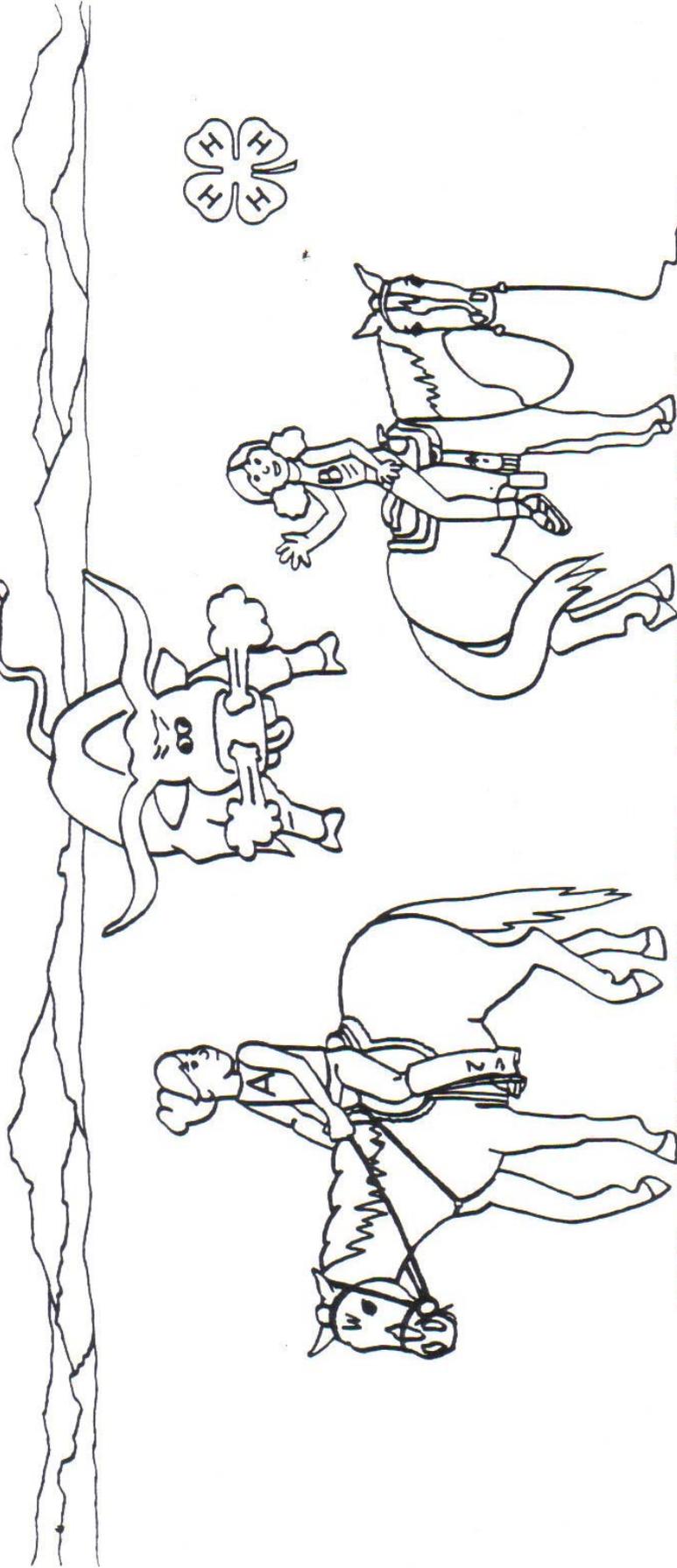
# WHICH RIDER IS READY FOR THE UNEXPECTED?

A

B

or

- Reins held in her hand with light contact for control.
  - She's aware of surroundings.
  - She's wearing boots and jeans.
- or
- She isn't holding her reins.
  - She's sitting on her horse backwards.
  - Wearing shorts & sneakers.



RIDER A IS READY FOR THE UNEXPECTED.

# WRANGLER JOE

There was a young wrangler from Podem,



Who had a horse Totem  
and he rode him!



One day, Totem took to shyin',  
And lost his rider

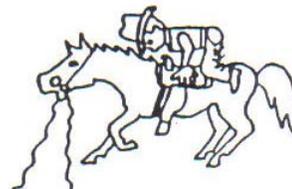


a cryin',

"Listen to Joe, keep those heels low  
And your reins nearby,



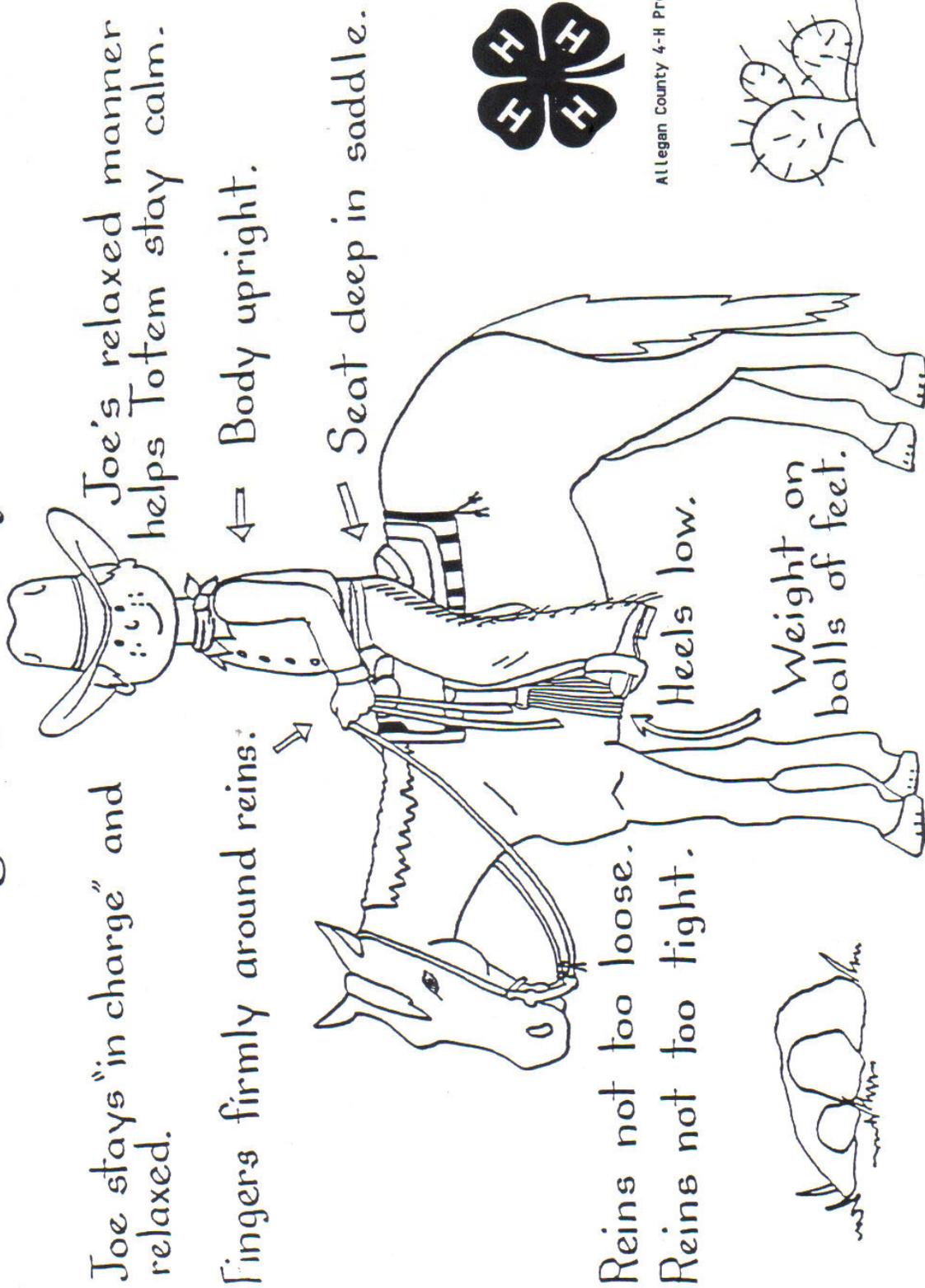
Cause if your a leanin'  
Clear over ol' Totem,



Just hope you remember how to fly!"



# How Wrangler Joe Stays in the Saddle



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Joe's relaxed manner helps Totem stay calm.

Body upright.

Seat deep in saddle.

Joe stays "in charge" and relaxed.

Fingers firmly around reins.

Reins not too loose.

Reins not too tight.

Heels low.

Weight on balls of feet.

Keep your weight on the balls of your feet. If you should fall, you can free your feet from the stirrups quicker.

Basic Seat and Hand Position

When riding, a correct position is used to provide good control of the horse. Good position in both English and Western are basically the same. The main difference is in the stirrup length. English stirrups are shorter than Western. A steady, secure, relaxed seat, with quiet hands, is important in both.

**WESTERN POSITION**

Hands & Arms: Elbows relaxed and close to sides. Reining hand held as close to pommel as possible. Right hand held loosely on the right thigh or near belt buckle.

Shoulders: Square and even being careful that the left shoulder doesn't move higher than the right as a result of holding the reins in the left hand.

Back: Upper back erect, sit "tall" in the saddle. Lower back slightly arched and flexing with the horse's movements.

Lower Body: Sit deep in the seat of the saddle, not up on the cantle, with hip in line with shoulder and back of heel.

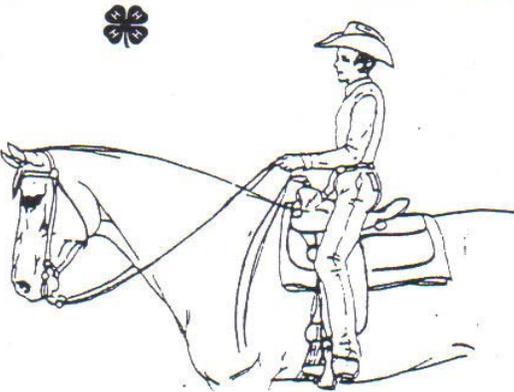


Figure 31

Legs and Feet: Stirrup length is important; when standing up in stirrups, there should be a space about a hand's width between the buttocks and the saddle. Knees slightly bent, knees and thighs rolled in so that the flat part of the knee is held against the saddle; light contact with the horse on the inside of the calves of the legs. Ankles flexed so that heels are lower than toes, balls of feet only in stirrups.

(ROMAN)

California Style Rein Hold: The reins are held in the left hand, with the bight of the reins coming out of the top of the fist. The end of the reins or romal is held by the right hand about 18" away from the left hand. No fingers are placed between the reins.

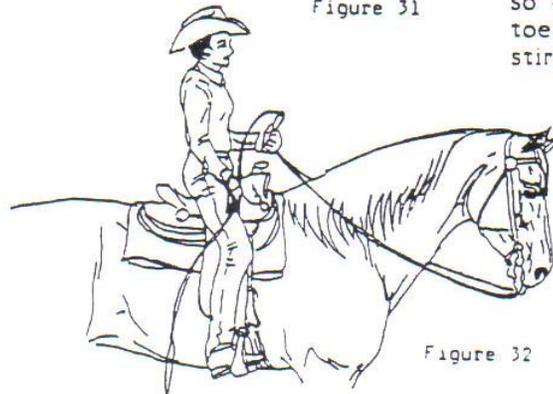
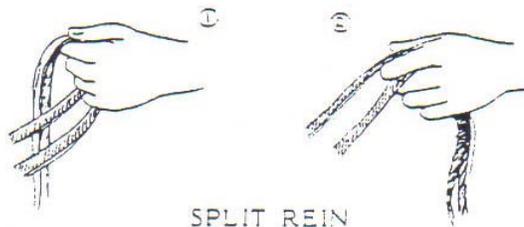


Figure 32

**CALIFORNIA STYLE**

Rein Positions:

1. Both reins in the left hand with thumb up. Reins come into hand under the little finger, up through the hand and out between thumb and index finger. Excess rein should fall on the right side of the horse's neck. (Little finger may be inserted between reins.)

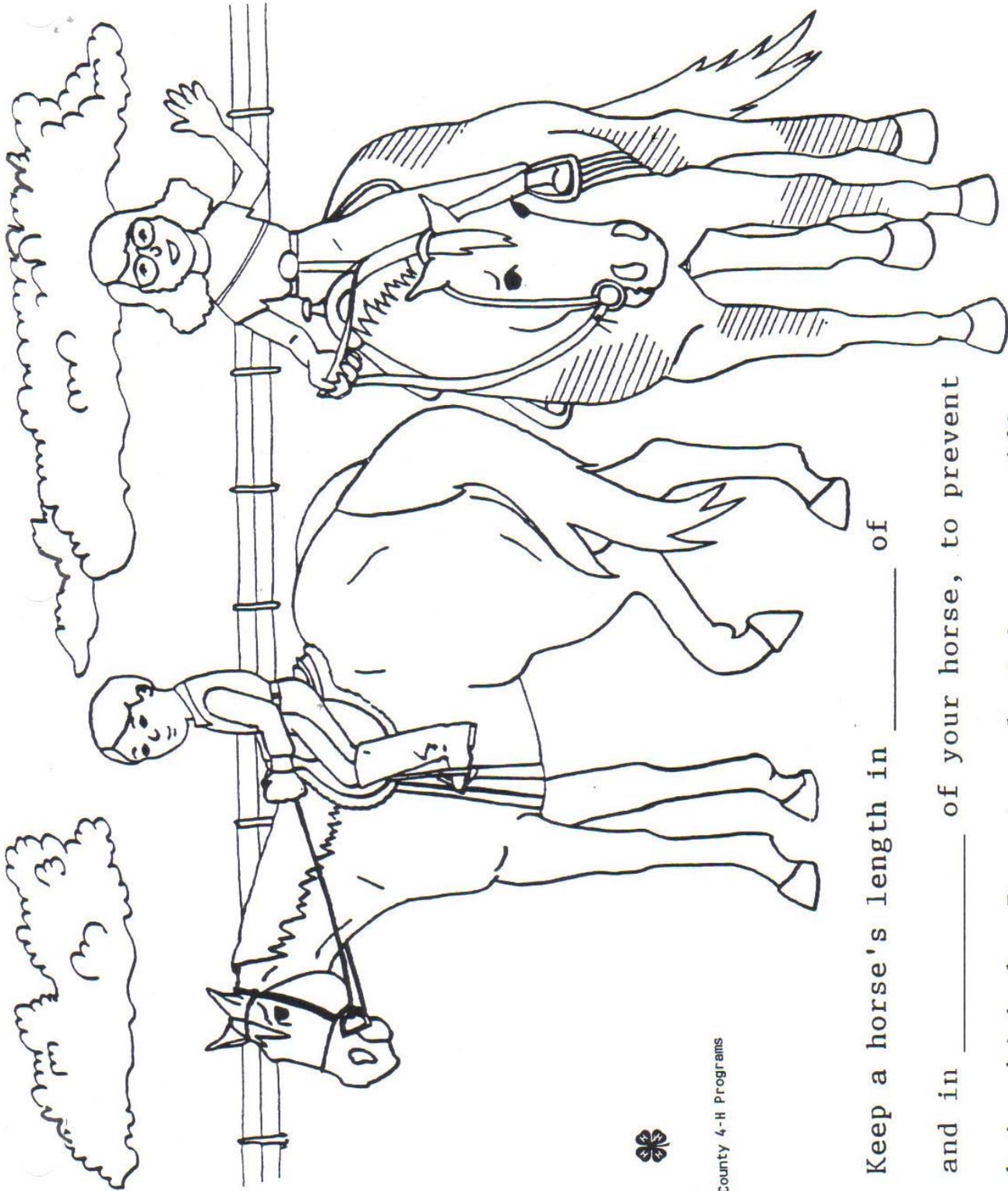


**SPLIT REIN**

Figure 33

2. Both reins in the left hand with the thumb up. Reins come into hand from the top (index finger may be placed between them). They pass through the bottom of the hand with the excess rein falling on the right side of the horse's neck.

Remember to be relaxed in your position so that you will be able to give with the movements of your horse and ride in balanced rhythm with him.

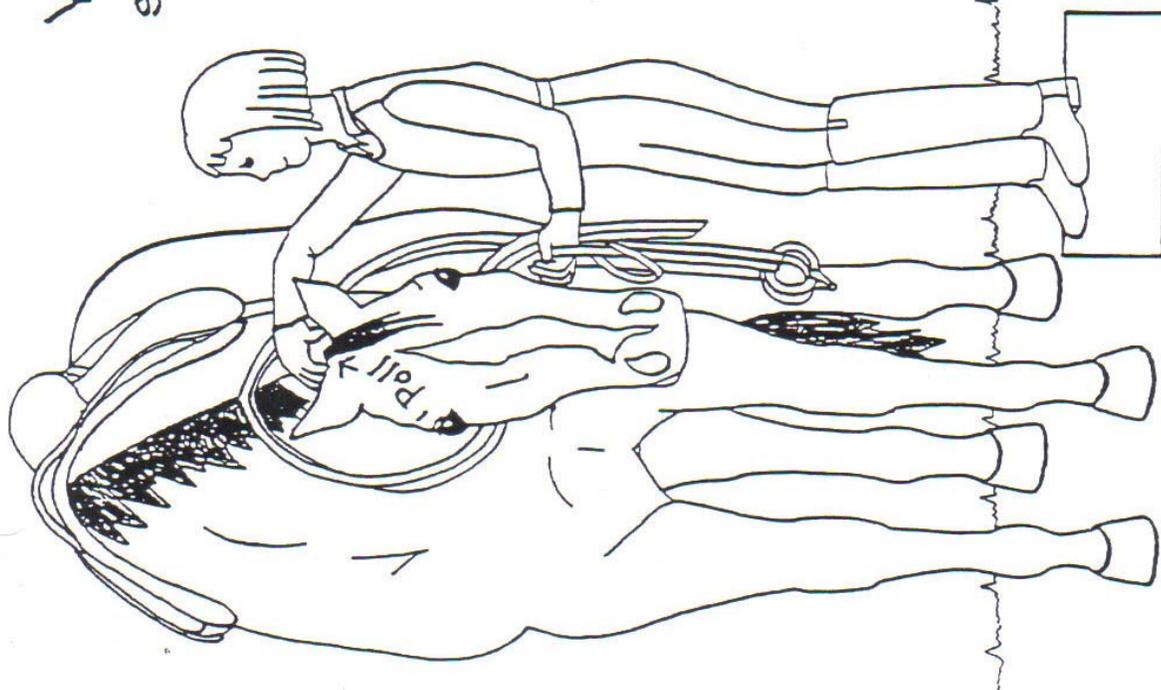


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Keep a horse's length in \_\_\_\_\_ of  
and in \_\_\_\_\_ of your horse, to prevent  
being kicked. Be extra alert in group riding.

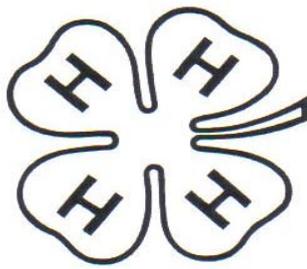
You can teach your horse to bridle safely and easily.

- Be gentle with his mouth and avoid bending his ears.
- Teach him to lower his head by pressing on either side of the poll. Release your pressure as soon as he responds for his reward.
- Should your horse toss his head, keep your head far enough away to avoid getting bumped.

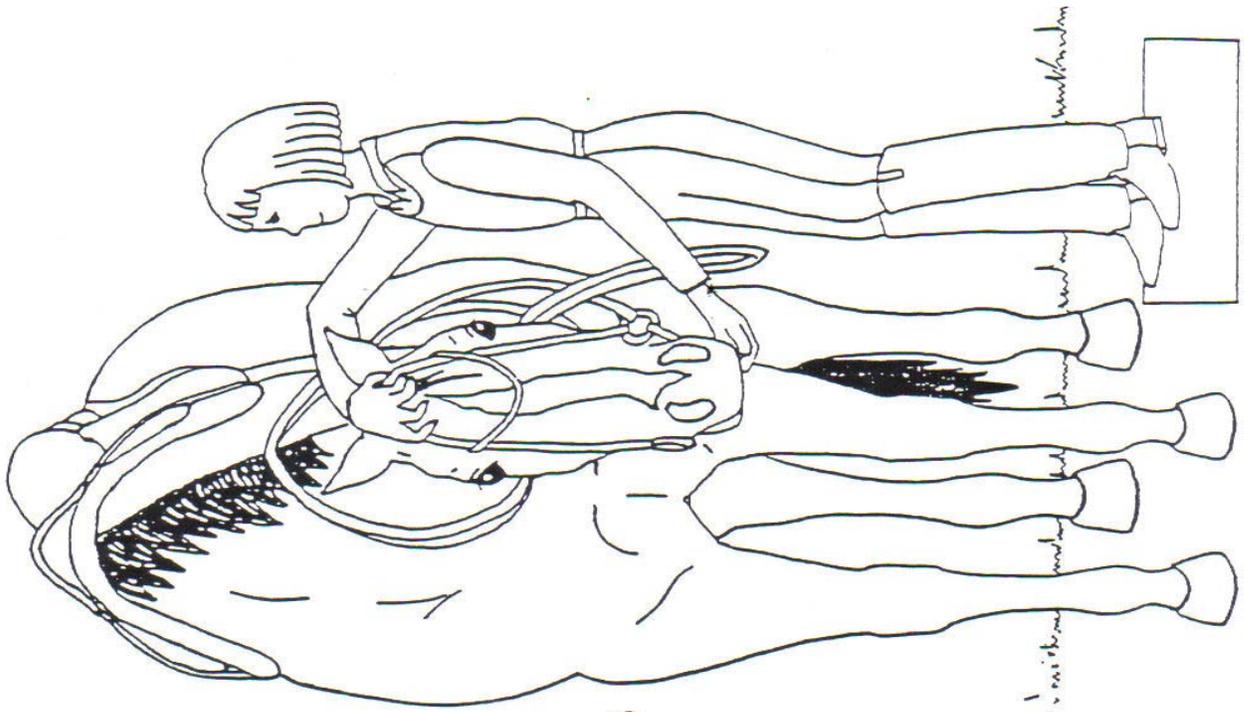


*Remember to be gentle with the horse's mouth and ears. Release the pressure as soon as the horse responds.*

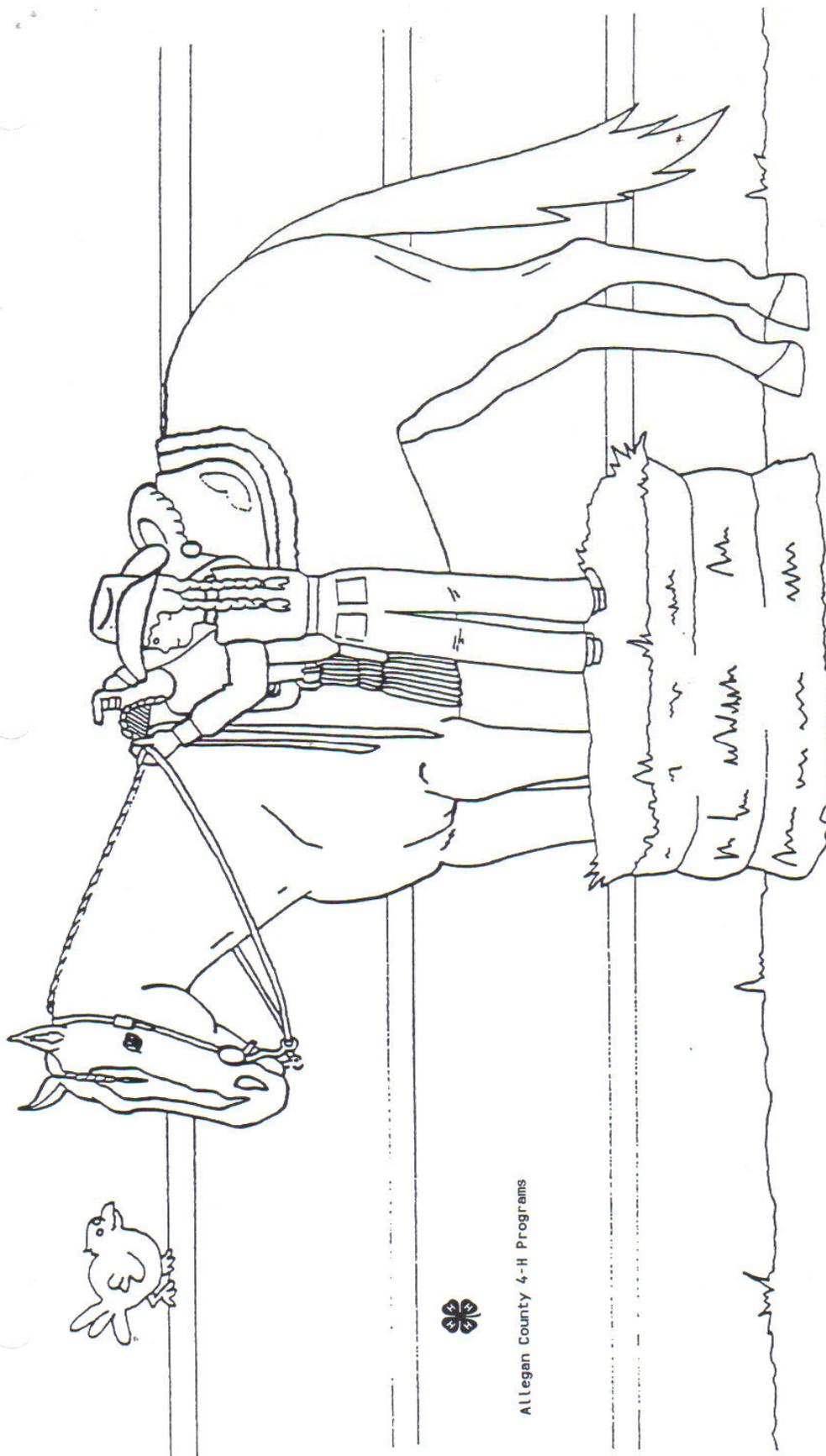




- Use your right hand to lift the bridle as your left hand gently guides the bit into his mouth.
- Be just as gentle removing the bit.



*with a... motion, the... bit... into the... mouth... the... bit...*



The **ONLY** safe way to mount and dismount, is on a horse that is standing still. Hold your reins evenly and keep light contact with his mouth. Now you can easily stop him should he move. Avoid holding him tightly, as this will cause your horse to back.