

## BALANCE

It is not possible to think of balance without thinking of the force governing it, that is the force of gravity. The human body, as a whole, has been created from time immemorial to live with it.

Humans start experimenting *the balance on their two legs* already in infancy.

When riding, stirrups represent the floor. The difference lies in the fact that they are not firm like a floor, but they move in line with our movement and that of the horse. Sooner or later, like in the example of the bus, the human body can make it thanks to balance.

Anyway, balance on the legs ceases when sitting down and when the weight is transferred onto the bottom. Hence the question: can a rider sitting on the saddle keep his balance? The answer is: it depends on how he sits:

Let's imagine keeping a light seat without touching the horse with any part of the legs above the knee.

The balance on the legs is given by the weight of the body on the stirrups. If, from this position, the body of the rider moves closer and closer to the horse, until the inner part of his thighs is totally in contact with the horse (Total Contact), keeping most of his weight on the stirrups, he can perfectly maintain his balance on his legs..

As the weight is transferred from the stirrups, backwards onto bottom, the situation changes. A trick to keep the bulk of the weight on the stirrups is to close the hip angle even more, proportionally to the increasing weight on the bottom.

It is clear that a rider sitting without sufficient weight on the stirrups and too much weight on his bottom may have great problems in keeping his position and balance stable.

Ultimately, riding can be defined as the art of using one's own weight.