RYTHM – TILTING OF THE TRUNK

Galloping is like waltzing: in three time.
The weight is on the external leg, as if skiing.
Jumping is like a canter time.

1) Take-off 2) Mid-air 3) Landing – 1) Take off 2) mid-air 3) Landing etc..
2) The third time is like the pole at the end of the curve while skiing.

When riding, the weight is on the spring (1st time), instead of initiating the extension and bringing the weight onto the other leg.
It is necessary to perfectly keep the balance on the spring (1° time), the weight on the horse's external hind leg and the trunk adequately inclined.

In waltzing, the beat is on the first time.
The same holds true when riding. Mid-air (2nd time) and landing (3rd time) are only a "consequence".

The inclination of the trunk is fundamental.
It is of primary importance to be on the spring, with the weight exactly on the horse's external hind leg.
It is primordial as if riding or standing.
Riding makes it possible to go around the world, to be "projected" into life, otherwise one remains stuck to the ground, like farmers.
The inclination of the trunk is important because it determines "where" the spring is going to project the rider and where the horse will take him.
It is as important as the barrel of the rifle to hit the target.
It is clear that the tilting of the trunk determines "where" the horse will land.
It is possible to judge how refined a rider is on the basis of "where" the horse is made to take off thanks to the postion of his trunk.
In fact the rider's trunk must be on the line between the horse's external hind leg and internal foreleg in oder to detertmine the length of the stride.

If the rider lets the horse rock behind him at a light canter:
1st time – His weight is shifted on his external leg, with the right inclination of the trunk.
2nd time - His weight is kept on the external leg.
3rd time – His weight is kept on the external leg.

If, instead, the whole inner part of the thighs is fully in contact with the horse (Total Contact) the rider does what the horse is doing:

1st time - His weight is shifted on the external leg with the right inclination of the trunk. The horse is on its external hind leg.
2nd time – His weight is equally balanced on both legs.
The horse is on its external diagonal.
3rd time – His weight is shifted on the internal leg.
The horse in on its internal foreleg.

TAKE-OFF (1st Time) – The horse is taking-off with its weight on the external hind leg. It pushes on both hind legs even to jump small fences.
The rider has his weight on the horse's external hind leg on on the two hind legs and keeps his trunk adequately tilted.
MID-AIR (2nd time) – The horse is parallel to the ground when jumping over the top of the fence and on the flat on the external diagonal.
The rider keeps his balance equally ditributed on both legs, both over the fences and on the flat. When jumping, over the top of the obstacles, he is perfectly simmetrical like his horse. He can even end up having his trunk parallel to the ground, with his arms completely stretched forward, over large and big fences, in order to allow his horse to fully distend its neck.
The rider looks upwards to prepare the trajectory of the strides after landing. His weight is ready to shift on the horse's same leg or on its external hindleg.
LANDING (3rd time) – The horse is on its internal foreleg.
The rider is still on the horse's internal foreleg. However he starts shifting back onto the external hindleg when the horse's hindlegs have already gone over the top of the fence and on the flat, as soon as the horse stars using its leg.

The frequently debated issue of a "collapsed" seat vs a light seat is not really discriminating between good or bad riders.

- often when approaching fences, experienced riders, and youger ones imitating them, create the necessary impulsion to jump only at the last minute;
- in order to hastily push their horses, they tilt their trunk beyond the vertical line, without respecting the balance;
- after take-off, they no longer have the time to nullify the inertia created when pushing to avoid hitting the fence.

These are really the main differences between an effective and balanced way of riding and a problematic and difficult way for both horses and riders.

The truth is that few riders manage to create the necessary impulsion respecting their balance and that of their horses. However this consideration should not suggest that this is an impossible or an extremely difficult objective to attain, unless riders are extremely talented.

On the contrary, if riders are taught the right approach with accuracy and simplicity, they can achieve this goal very naturally, by capitalising on their balance, coordination, flexibility, suppleness, that are the typical gifts of young athletes.