

The Seamless Seat: Creating the Ideal Connection with Your Horse, 2006, 217 pages, Kathleen Schmitt, 1592286852, 9781592286850, Globe Pequot, 2006

No matter which style of horseback riding we do, our foundation is the seat--the rider's lower-body position that permits communication and control with the horse. A good seat, to which every rider aspires, is the result of coordinating one's body with the horse at rest or in motion. And although the process is the first thing a rider learns, perfecting a good seat often takes many years of study and effort. Although many instruction manuals delve into the subject, until now there has not been a book entirely devoted to developing a seat that is applicable to all styles of riding. In *The Seamless Seat*, veteran instructor Kathleen Schmitt begins with a discussion of how we learn in terms of creating an environment in which we can understand and then build a good seat. She goes on to show how human and equine anatomy interact, creating the "platform" that is fundamental to a secure seat. Elements of such approaches as Neuro-Linguistic Programming and the Alexander Technique are also discussed. How the horse moves at the walk, trot, canter, and gallop, as well as its position at the halt and rein-back and its movement during transitions between gaits--all have a bearing on the rider's form and control. Those elements lead to the various types of seats: the passive, active, resisting, and unilateral, and when each one is appropriate. They in turn lead to the rider's leg and arm positions and the rein and auxiliary aids, all of which become optimally effective when the secure "seamless" seat has been achieved. Whether your discipline is English or Western riding for pleasure or for competition, *The Seamless Seat* will make you a more educated and capable horseman.

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Dressage with Kyra The Kyra Kyrklund Training Method, Kyra Kyrklund, Jytte Lemkow, 1998, Sports & Recreation, 144 pages. Kyra Kyrklund, one of the world's most talented dressage riders, explains the unique system of training that has brought her repeated success..

Ride Western Style A Guide for Young Riders, Tommie Kirksmith, 1991, Horsemanship., 212 pages. Presents basic instructions for riding stock seat or Western style..

The Beginning Dressage Book Expert Advice on How to Train Your Horse in Dressage Without Expensive Equipment, Kathryn Denby-Wrightson, Joan Fry, Jan 1, 2004, Sports & Recreation, 260 pages. A handbook on training your horse in dressage on your own and in your own backyard facility..

Riding in the Moment The Hidden Language of Dressage , Michael Schaffer, , , . .

Western Performance A Guide for Young Riders, Tommie Kirksmith, Jan 1, 1993, Horse shows, 257 pages. Presents basic instructions for Western riding, including equitation, roping, halter events and timed speed events.

The Rider's Problem Solver Your Questions Answered: How to Improve Your Skills, Overcome Your Fears, and Understand Your Horse, Jessica Jahiel, 2006, Sports & Recreation, 373 pages. "In her informal yet informative style, clinician and equine behavior expert Jessica Jahiel addresses numerous rider concerns, from head (properly fitting a helmet) to toe.

How Your Horse Wants You to Ride Starting Out, Starting Over, Gincy Self Bucklin, Sep 24, 2004,

Sports & Recreation, 296 pages. Learn to ride correctly, safely, and confidently In this breakthrough guide, renowned riding expert Gincy Self Bucklin offers adult riders a unique, proven method for.

Horseback riding simplified , Margaret Cabell Self, 1948, Horsemanship, 85 pages. .

The Adult Longeing Guide Exercises to Build an Independent Seat, Emily Esterson, 2008, Sports & Recreation, 166 pages. Longeing is the technique by which a person holds a horse on a long line attached to the bridle and encourages the horse to circle around the person holding the line. This is a.

Start Your Engine! Gaining Control of the Hindquarters to Improve Your Four-Wheel Drive, Kenny Harlow, Sep 1, 2010, Education, 254 pages. .

The Photographic Guide to Schooling Your Horse A Visual Guide to Training for: Dressage, Jumping, and Western Riding, Lesley Bayley, Feb 14, 2007, Pets, 160 pages. This is a comprehensive guide to schooling your horse, for novice and experienced riders alike. It covers basics, such as teaching the horse to flex properly when riding.

The Art of Western Riding , Bob Mayhew, 1990, Sports & Recreation, 159 pages. Here is everything you need to know to enjoy riding Western style, including the most suitable breeds, specifics on riding techniques and training for riders and horses.

Mental Equitation A Guide to Interdisciplinary Horsemanship, James R. Arrigon, Dec 1, 1998, Sports & Recreation, 134 pages. This book will teach you the fundamental language of horsemanship and encourage you to use your mind to create solutions to your riding problems. It's the first book to deal.

More How Your Horse Wants You to Ride Advanced Basics, The Fun Begins, Gincy Self Bucklin, Feb 2, 2006, Sports & Recreation, 339 pages. Techniques to help riders fine-tune their communication and riding skills This follow-up to How Your Horse Wants You to Ride helps intermediate to advanced riders improve their.

Centered Riding , Sally Swift, Jan 15, 1985, Sports & Recreation, 198 pages. Demonstrates an approach to horseback riding that focuses on proper breathing, position, and balance, and suggests exercises to improve turns, circles, transitions, cantering.

101 Dressage Exercises for Horse & Rider , Jec Aristotle Ballou, Jun 24, 2010, Pets, 240 pages. Dressage, the equestrian practice in which a horse makes highly precise movements in response to barely perceptible signals from the rider, has taken hold of America's™s.

More Works by Ray Johnson, 1951-1991 November 1-December 15, 1991, Ray Johnson, Phyllis Stigliano, Janice Parente, 1991, Collage, American, 30 pages
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Micro-Vehicle Punch-Outs , John Strejan, Apr 25, 1999, Juvenile Nonfiction, 16 pages. Includes six miniature vessels to punch out and assemble: Naboo Starfighter, Sith Infiltrator, Trade Federation Starfighter, Gungan Sub, Flash Speeder, and Queen Amidala's Kathleen Schmitt
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Mechanics of Offshore Pipelines Volume 1 Buckling and Collapse, Stelios Kyriakides, Edmundo Corona, Jul 26, 2007, Technology & Engineering, 448 pages. Offshore oil and gas production was conducted throughout the entire 20th century, but the industry's modern importance and vibrancy did not start until the early 1970s, when

The Elements of Mentoring, Revised Edition, W. Brad Johnson, Charles R. Ridley, Nov 25, 2008, Business & Economics, 164 pages. An updated and comprehensive guide to sixty-five key elements of mentoring

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