



# Horse Gaits, Balance and Movement

*Susan E. Harris*

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# Horse Gaits, Balance and Movement

*Susan E. Harris*

## **Horse Gaits, Balance and Movement** Susan E. Harris

See how your horse moves and become a better rider!

Horses are born to move--a foal can walk, trot and gallop within hours of birth. But not all horses move equally well, and the way a horse moves can have a real impact on how you ride. In this unique book, Susan Harris presents more than 300 eye-opening drawings that show you exactly how horses move. She illustrates movements common to all horses, pinpoints movement problems, reveals how a human in the saddle affects a horse's movement and helps you become a better, more accomplished rider.

- \* Get a close-up look at horse gaits and transitions
- \* Observe the differences between good and poor movement
- \* Find out how balance and conformation affect movement
- \* View flexion, bending and lateral movements
- \* See the impact of shoeing and riding on movement
- \* Discover practical tips to improve your horse's movement

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Susan's knowledge of horse gaits and movement and wide experience in various breeds and disciplines enable her to help all kinds of riders and horses improve their balance, comfort, movement and performance. Her friendly and positive teaching style and visual approach help to make learning clear, understandable, and enjoyable for English and Western riders of all ages and levels, from 4-H, Pony Club and pleasure riders to instructors, trainers, and competitors. Horse gaits are the various ways in which a horse can move, either naturally or as a result of specialized training by humans. Gaits are typically categorized into two groups: the "natural" gaits that most horses will use without special training, and the "ambling" gaits that are various smooth-riding four-beat footfall patterns that may appear naturally in some individuals, but which usually occur only in certain breeds. Special training is often required before a horse will perform an ambling gait

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