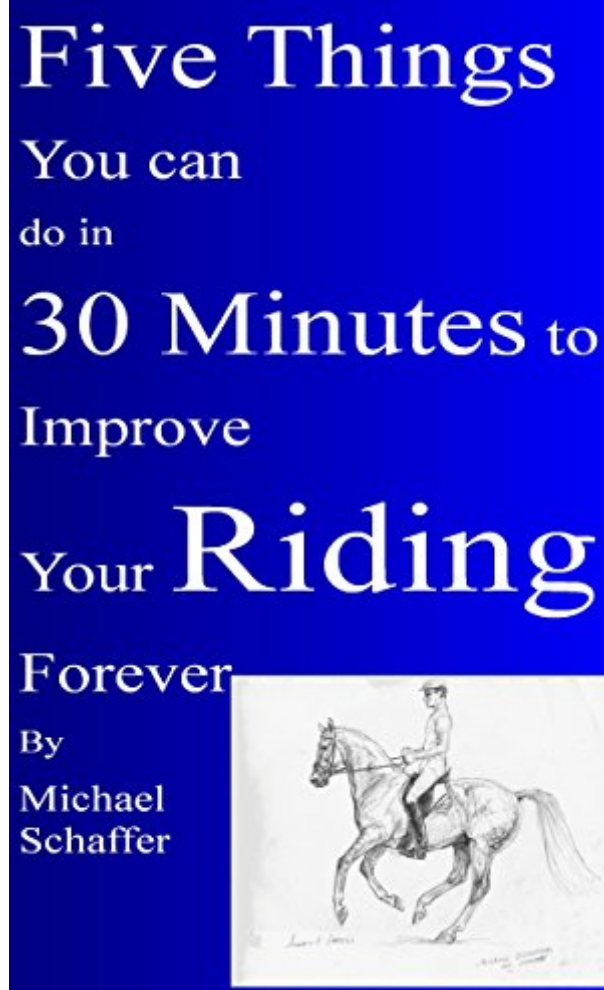


The book was found

# Five Things You Can Do In 30 Minutes To Improve Your Riding Forever



## Synopsis

A short little booklet (36 pages) that shows you how to correct the five most common errors in riding - how to balance your saddle, how to sit in it correctly, how to hold your hands so you sit better, how to ask your horse to go without wearing yourself out, and how to ask him to stop without pulling.

Think of this as a bag of treats that never runs out.

## Book Information

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## Customer Reviews

The beauty of Mike Shaffer's writing is its simplicity. In his other two books, he takes the arcane subject of dressage and presents it in a few clear, simple steps. In this booklet he presents the most common riding mistakes and gives clear and simple fixes. This booklet and his other books are must haves for those who want to get out of theory and into practical application.

This is the Go-To Quick Reminder of what you need to be doing every ride on every horse. Get stuck on something? Refresh your memory here. It's like having a riding lesson on your phone, or your tablet, or your PC. When you're ready for more leisurely reading or have more time to study your horsemanship, get Mike's other two, full-length books. You can't go wrong.

I've struggled with my rounded shoulders for years and never could keep them back for any length of time. My hands were also too far in front of me. Until I read "Bend your elbows" DUH, I can't believe how this simple idea made such a difference

I see a lot of the reviewers saying it was shorter than they expected. If you go into this realizing you are getting a pamphlet with 5 basic tips that you can constantly return to, you will not be disappointed. I grew up in the hunter/jumper world, and I only had 1 instructor who was really focused on riding "correctly" vs sitting up there and spouting commands. Some of the others likened the concepts in here to the ones in Centered Riding, and I agree, although I feel like Mike Schaffer does a better job of explaining the whys and why nots in a concise manner. This actually goes against many things I was taught to do in the hunter/jumper world, but the older I get, the more interested I am with communicating clearly to my horse and working with him to create a partnership. These tips make sense if you also just want to communicate well and work with your horse.

Friends, parents, riding coach, etc have all told me heels down, which is not comfortable for me. Thank you for putting it in writing as to why it isn't!

I am a certified riding instructor and have read many, many books on learning to ride. Michael Schaffer very clearly and succinctly in this short book hit on the five essentials to good riding that I find myself addressing with even fairly advanced new students. Thank you, Mr. Schaffer!

I personally don't like it when riding coaches encourage riders to use aids or riding positions that are not the commonly accepted ones. Mr. Schaffer suggests that it isn't important to ride with your heels down!! He obviously does not understand the concept of heels down without pushing your feet forward and throwing yourself backwards. He suggests using THE GROUND to find your balance point. Since you can't put your heels down on the ground, why bother on the horse!!?? What kind of nonsense is that? I say (as do all legitimate riding coaches) that a rider obtains a balance point while mounted on the horse. Rise from the saddle and balance over the horse while feet are in the stirrups. Put the stirrup under the ball of your foot. Let your heels sink down and find your balance point there. Do not grab the horse with your legs. Then sit. Your shoulder, hip and ankle will be aligned and your weight will be in your heels. Your knee and your toe will also be aligned. This

position is basic to all forms of riding. Weight down in the heels is for safety. The more your heels come up, the more your weight comes up, the more you tip forward. In an emergency, you're over the horse's shoulder and hitting the ground. This book gives very irresponsible advice. "Heels down" is not the only accepted concept this author "changes." His aids for "stop" and "go" will not be found in any legitimate manual either. Read dressage basics from Germany if you want to know what to do, not this guy.

Balance techniques presented are similar to those employed in the basic form of Tai Chi Chuan. Easy description allows one to easily transfer actions practiced during standing to sitting in saddle. Recommended for all riders. Demos only used an English saddle.

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