

R

RIDE every stride, especially around the turns
RELEASE the reins along the neck to allow the horse to stretch
RHYTHM keep a balanced rhythm in the stride
RESPECT your horse, and your horse must respect you as the leader

I

IMPULSION do not ride on presumption the horse will jump, keep legs on until lift off
INTENTION concentrate your intention at the jump to show the horse where you want him to go

B

BACK OFF back your body off the jump, sit and wait
BALANCE sit straight up until the jump so you maintain balance
BEAM at the jump, send your thought energy to the horse's mind
BREATHE don't forget to breathe! Breathe out to release your tension
BELIEVE in yourself and your horse, and you will achieve

S

SIT UP before the jump
STRETCH allow your horse the reins so he can stretch in the air
SECURITY feel your weight down through the heel, a strong lower leg will give you security in the saddle
SHOULDERS back, as your imbalance will affect your horse's ability
STRIDE keep a medium length stride so it can be shortened or lengthened as necessary on the approach
SPEED maintain the right speed for your horse and the course

W

WAIT for the jump, sit up until you feel the take off

I

WHOA use your whoa

T

WITH go with your horse

H

INTENTION have positive intention and attitude

THINK fast, and do not allow yourself 'time out'

HANDS give with your hands over the jump

LOVE

LOVE your horse, and he must love your hands

F

FOCUS at the jump, and the next

FOLD from the hips

FORWARDS keep riding forwards to the next jump

R

FEEL through your seat if your horse is taking off or putting in another stride

FREEDOM give your horse freedom in the air

FRONT keep your horse in front of you to keep him balanced

O

ORGANISE be organised not flustered

OBEDIENCE your horse must totally respect you and be instantly obedient to you, which is only possible through work on the flat

M

MIND visualise the perfect round in your head, and mentally rehearse it to your horse as a series of pictures

PAT

PLUG IN your seat bones, like a plug in a socket

POSITIVE ATTITUDE if your mind is positive, your body will be energised

PAY attention to your horse's needs

PARTNERSHIP there must be a perfect partnership between horse and rider

"You are the captain of your ship – your mind and body are the crew, and under your control"