



Ultimate Seat

The Effective Seat at Walk

Learn the tools to use to perfect your walk seat - this is the beginning of your seat journey.

How To Do Rising Trot

Learn how to perfect your rising trot... by trotting without stirrups!

The Effective Seat at Rising Trot

Learn about rising trot, when you should be rising, what muscles you should be using and the correct technique for rising trot.

How To Ride Sitting Trot for Beginners

Learn the sitting trot the way you would in the gym with these tips for beginners!

How To Ride Sitting Trot Without Moving

Learn how to overcome that moment of suspension in the trot so you are not thrown out of the saddle in the sitting trot.

The Effective Seat at Canter

Learn how to sit on your horse in the canter, how you keep the canter slow and controlled without feeling like you are going to fall off in the moment of suspension.

The 3 Biggest Mistakes Riders Make in Sitting Trot

Learn what the three biggest mistakes riders make in sitting trot are and the tools and techniques to overcome these mistakes!

Keeping Your Stirrups in Canter

What are the biggest things you have to know to stay in the saddle and keep your stirrups during the canter.

Improve Your Seat (How To Sit On A Horse)

Learn how you should be sitting in the saddle - where your hands should be in relation to the reins, and where your shoulders, hips and ankles should be on your horse to have the most effective seat and feel 'plugged into' your horse like Avatar!

How To Keep Your Stirrups in Sitting Trot

Learn the secret to keeping your stirrups in the sitting trot

IF YOU LEARN BETTER BY READING, HERE ARE SOME OF THE VIDEOS FOR YOU TO LOOK BACK ON LATER:

How To Ride Sitting Trot For Beginners

Let me tell you a secret - your sitting trot will not get better unless you practice!! To be a genius at anything you need to do 10,000 hours at it!

When you are learning sitting trot, you need to remember to go with the horse. You have to think about how to connect your seat bones into the horses back. Think about sitting like a jellyfish on the horse - really deep in the saddle. When you are tense and trying too hard, your legs get tense and you tend to pop out of the saddle rather than sitting deep in the saddle, and you are not going with the horse at all.

You want to open up the thigh, open up the knee and really sit deep in the saddle. Think heavy! If you can't use your leg muscles, what do you use? I always talk about the upper groin muscles and your core - it's like a seat belt that pushes you into the saddle and allows your seat bones to move with the horse.

In the trot, it's a pedalling motion with your seat bones. Find the rhythm of the hind legs. Your abs keep your upper body still, and then you need to work to keep your hands still. Keep working those tiny little isolating muscles in your hands to keep them still - not keeping them stiff, still moving with the horse, but keeping them still and calm.

The best exercise and tip I can give you when you are learning sitting trot is to sit for 5 strides, then rest for a few strides in rising trot, then return to sitting trot for 5 strides. Then when you can do that, keep increasing the number of strides/beats in sitting trot.

Approach your training like you would at the gym. Your gym trainer doesn't say to you - ok, we are going to learn squats - go do 1,000 of them - this will make you fatigue and your form will be awful!! They will give you a few with a light weight to start with, and then start building it up as your muscles get used to squatting and being used in that way - this is the same with learning something new on the horse like the sitting trot. Hasten slowly!!

Improve Your Seat (How To Sit On A Horse)

How should you sit in the saddle? What do we as riders have to do to sit in the saddle?

The first problem that riders might have is that they lean a little bit too far back, which means their legs come forward. This means that they are never really able to go with the horse in walk trot and canter, because they are always behind the movement and the legs are too free to swing - they can't get the weight down through the ankle.

The second problem that riders may have is that they sit too far forward in the saddle, which means their legs tend to come too far back. Along with again not being able to put their weight down through the ankle, not being able to give direct leg aids to the horse, and being unbalanced as they are pitched too far forward, riders who do this are not "plugged into" the saddle of the horse. They are unable to effectively use their seat bones when they ride as the seat is not in the saddle properly.

There should be a straight line going from your shoulder to your hip to your heel. You can feel when this line is correct as you can feel your weight through your ankles, and your two seat bones connected into the saddle and to the horses back - a good tip to get a good feel of your seat bones is to sit on your hands and feel how your seat bones connect into the saddle. Feel that when you tilt your body forward or back, you can feel that you lost your seat bone connection. Get someone to lead your horse while you are sitting on your hands so that you can feel where you seat bones need to be.

When your seat bones are plugged into the horse, your body can naturally swing with the horses movement rather than feeling stiff and not moving with the horse.

There should also be a straight line going from the elbow to wrist to the horses mouth. Having your hands too high or curved in or out breaks the straight line and you can't feel what the horses mouth is doing. This is really important as you need to be able to feel the horses mouth to have the correct connection and contact - you need to be quick to soften and give, or half halt.

When the horse is moving, your hands shouldn't be stiff - they will move a bit with the horse to maintain the straight line and make sure you aren't pulling on the horses mouth while maintaining contact.

When you go into sitting trot you can feel those 2 seat bones connecting into the horse. Lots of people that have trouble with sitting trot have lost the seat bone connection from leaning forward or back. If you can plug your seat bones into the horse at sitting trot, and move like you are rubbing your back up against a blackboard, you have the trot!!

At canter, again you have your seat bones, your upper body is still, your lower legs are still - but they are all moving with the horse, absorbing the horses movement so that you yourself don't move.

How To Do Rising Trot

The first thing you should know about rising trot... you use different muscles for sitting trot than you do for rising trot! Especially when you take the stirrups away!

When you rise out of the saddle in rising trot, you don't really want your bottom to come out of the saddle too much, you just want your weight to come out of the saddle as you rise.

You know when you need to rise when the outside shoulder is coming forward.

To make it easier for yourself and especially when you are learning rising trot with no stirrups, keep the trot slow.

You know when you are doing this movement correctly - you should be hurting!! Your legs should be hurting, your stomach muscles should be hurting.

When you are first learning this, when your form starts to get worse because you are fatiguing, this is when you should have a little break - remember, it's like being at the gym. You don't start with 100 squats, you build it up!

When you can do it to a certain level of strength, you can start adding other things in - keep your toes in, keep your hands still. Be patient, it will take time! You didn't learn to walk the first time you tried :)

How To Keep Your Stirrups in the Sitting Trot

Keeping your stirrups is a challenge that a lot of riders have. It's all well and good to have the perfect seat and the perfect position at halt - but when we start walking and definitely when we start trotting there is a moment of suspension that can throw you out of the saddle.

You need to make sure you keep your leg long and a nice deep seat so that you can never lose your stirrup.

When you get to sitting trot most riders work really hard to stay in the saddle. This means that their thigh gets tense, which pushes them out of the saddle... which causes the leg to lift, potentially resulting in a lost stirrup.

The key, the secret is to keep the leg long while you are in sitting trot. Your upper thigh muscles are the muscles that will keep you in the saddle, as well as your abs. This means that your leg can be long, your heels can be down, but you are still plugged into the saddle.

You can also stamp down your heel with each stride, without gripping with your thighs - this helps you to keep your leg long and make sure your foot stays in the stirrup.

The Effective Seat At Walk

The walk seat is the easiest seat as compared to the trot or canter, because there is not that moment of suspension.

You want a straight line from your heel your hip and your shoulder all in one line. You also want a line from the horses mouth to your hands to your elbows - nice and straight.

A good tool is to ride with either one or both hands under your bottom so that you can feel your seat bones. If you lean forward, you can feel that the seat bones disappear, they are no longer connected with the horses back. When you lean back in the saddle, the same thing happens - you lose contact with the horses back.

When you are riding at the walk, you ride with your seat bones in a kind of pedalling motion. The walk is a 4 beat movement - you want to have that rhythm. When some people get really enthusiastic they work really hard and move their body a lot - the point of dressage is to be working hard, but without someone from the outside noticing. So sit nice and still.

In the walk you want to use your legs every 3 strides. If you use your legs every 4 strides, you are always telling the same leg to go forward, so you might get an uneven walk.

Besides having your seat bones plugged into the horses back, you can control the tempo of the horse - the way you pedal your seat bones - fast or slow - you can influence the horse with just your seat, but your reins and hand complement this.