



SESSION 9

CANTER (1/3)

00:00:50 INTRODUCTION TO CANTER

- Everyone is likely to either trot better than they canter, or canter better than they trot
- Likely that everyone either goes better left or right
- Canter makes the asymmetry more obvious because it's faster and is an asymmetrical gait
- Most people find canter either scary or exciting
- Problems people face in trot are different to the problems they face in canter

00:02:10 INTRODUCTION TO RIDERS & HORSES

00:03:30 RECAP OF TROT

- Recapping the basics of trot work, shoulder hip heel, top of the rise etc..
- Evaluate and problem solve in rising trot

00:05:30 RIDERS GO SITTING TROT

- Evaluate and problem solve in sitting trot

00:06:30 CHANTAL AND MIA CANTER

- Keep bum in saddle throughout stride
- Bearing down stronger than the hold on the rein
- Change rein
- How much do the seat-bones move in the saddle? Should be still

00:08:30 MILLY AND ELLA CANTER

- How much do the shoulders move? Should be still
- Foot light

- Should be vertical
- Change rein
- Work on steering
- Left rein worse than right rein

00:10:30 PROBLEMS IN CANTER

- How riders bump in trot and how they bump in canter is different, use of ball to demonstrate
- Canter is the four legged version of skipping
- Skipping in small circles with alternate legs in advance to show why leads are important
- Look at the bottom of the saddle pad to see if it stays level
- Riders have to deal with the tip and the rock
- Demonstration of bumping in canter with the ball
- Riders in the canter can bump from front to back from only being attached at the pubic bone
- If you rock with the canter, your weight will be behind you, and could send the horse running off – in danger of being the water skier to the horse's motorboat
- Don't put the emphasis on the downbeat

00:17:45 EMPHASIS ON BEAT NUMBER ONE OF THE CANTER

- Instead of thinking of sending your pelvis forward, think of folding at the hip to put the emphasis on the back leg

00:19:25 INCORRECT CANTER

- Rocking, canter speeds off with rider even more pitched forward, with bum bumping out of the saddle



SESSION 9

CANTER (2/3)

00:21:05 AIMING FOR NEUTRAL SPINE

- Front same length as the back
- Shoulder hip heel
- The more solid and box like she is, the less likely she is to bump
- Think of a carousel horse, it just goes up and down, want to keep the carousel pole stacked up and still over the carousel horse
- There's a place under the saddle where the rider's carousel pole meets the horse's carousel horse
- "Plugging in"

00:25:05 EVALUATE CHANTAL'S CANTER LEFT

- Less easy and organised than right
- Speeds off because of organisation

00:25:10 COUNTING THE BEATS TO EMPHASISE THE RIGHT BEAT

- Organises and slows the canter
- Chantal explains what felt different when fixing the emphasis

00:27:40 MILLY CANTER INCORRECT

- Rock forward, bum bumps off the saddle
- Hollow
- Ahead of the balance point
- Leaning back
- "Polishing the saddle"
- Putting too much emphasis on the wrong beat of the canter

00:29:05 EVALUATE BOTH WAYS THAT MILLY SHOWED IT GOING WRONG

- Rider's bum peeling up
- Rider goes from a box to just a front and unaware of their back

00:30:30 EXERCISE WITH

- Rider reaches behind and pulls on the cantle
- Firms up the front of the torso, from collar bone to pubic bone
- Make fists and push the cantle back
- Firms up the square of the back
- Not everyone gets it first time round

00:35:25 MILLY CANTER WITH NEW "BOXED" TORSO

00:37:00 "BACK CORNERS"

- Imagine you have a band from your back corner to the horse's stifle
- Redo the canter after talk about back corners and pulling on the stifles
- Stop the fixes in the canter to show difference the fixes make

00:41:15 APPLY FIXES TO CHANTAL'S CANTER

00:44:20 CANTER TRANSITIONS

- Think of it more like changing gear than putting the foot on the accelerator
- Can go from trot to canter without getting any faster at all



SESSION 9

CANTER (3/3)

00:47:30 CANTER ON 'WORSE' REIN

- Ella tends to jack knife on this rein
- Keeping a good box
- Pulling the stifles
- Keep more stuffing in front of the left shoulder

00:48:25 RESULTS OF TRYING TO 'OVER SIT'

- Makes the rider slam on the horse's back and catapulted more out of the saddle
- Horse can't come up over his back
- Bouncy ball analogy
- When the ball bounces up, cup it to absorb the impact

00:50:25 CANTER AFTER BOUNCY BALL ANALOGY

00:51:20 DISCUSSION OF WHICH FIX THEY FOUND THE MOST HELPFUL

- Thinking of having a back and bouncing ball