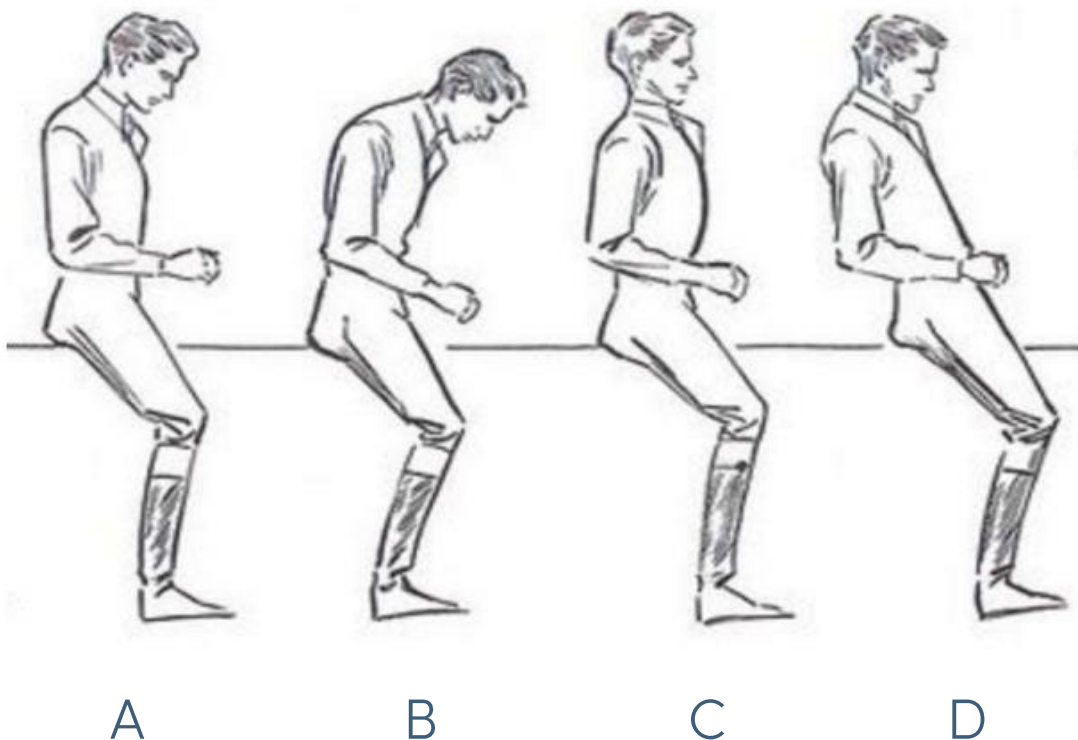


## INCORRECT RIDER POSITION

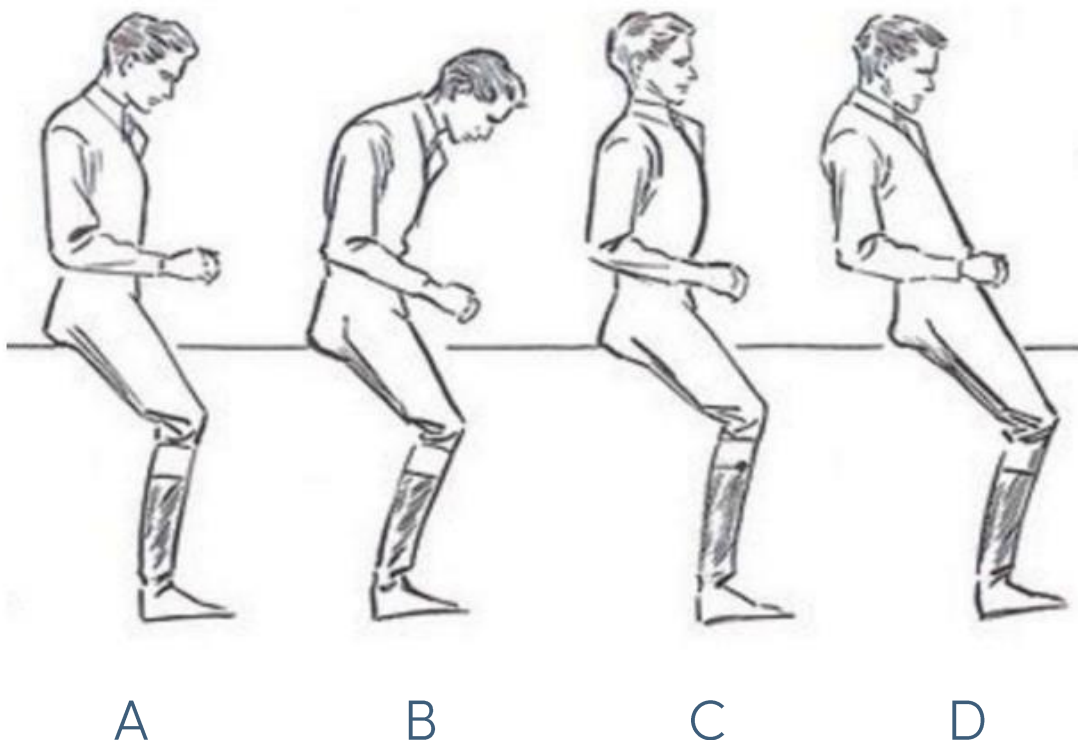
It's time for YOU to be the instructor! What would you say to each rider to help improve their position? Match the letter of the rider to the phrase you might use as the instructor.



- \_\_\_\_\_ “Relax your upper body, keeping your back straight but not arched. Pull your lower leg back to be under your hip and point your toes up towards the sky.”
- \_\_\_\_\_ “Sit up straight and tall instead of leaning back, and look up and forward through your horse’s ears.”
- \_\_\_\_\_ “Pull your shoulders back and sit up tall, like a tree. Lift up your eyes to look where you are going.”
- \_\_\_\_\_ “Look forward through your horse’s ears, push your heels down to the ground and bring your leg back under your hip.”

## INCORRECT RIDER POSITION

### ANSWER KEY



C "Relax your upper body, keeping your back straight but not arched. Pull your lower leg back to be under your hip and point your toes up towards the sky."

D "Sit up straight and tall instead of leaning back, and look up and forward through your horse's ears."

B "Pull your shoulders back and sit up tall, like a tree. Lift up your eyes to look where you are going."

A "Look forward through your horse's ears, push your heels down to the ground and bring your leg back under your hip."