

PERFECT RIDER POSITION

Below is an example of an excellent rider position. Follow the prompts and discuss the questions to show why this is such a good example!



1. Draw a line from the rider's ear to their heel. With a good position, the line should be straight from their ear, through their shoulder and hip, and to their heel. What do you think? Is it a straight line?

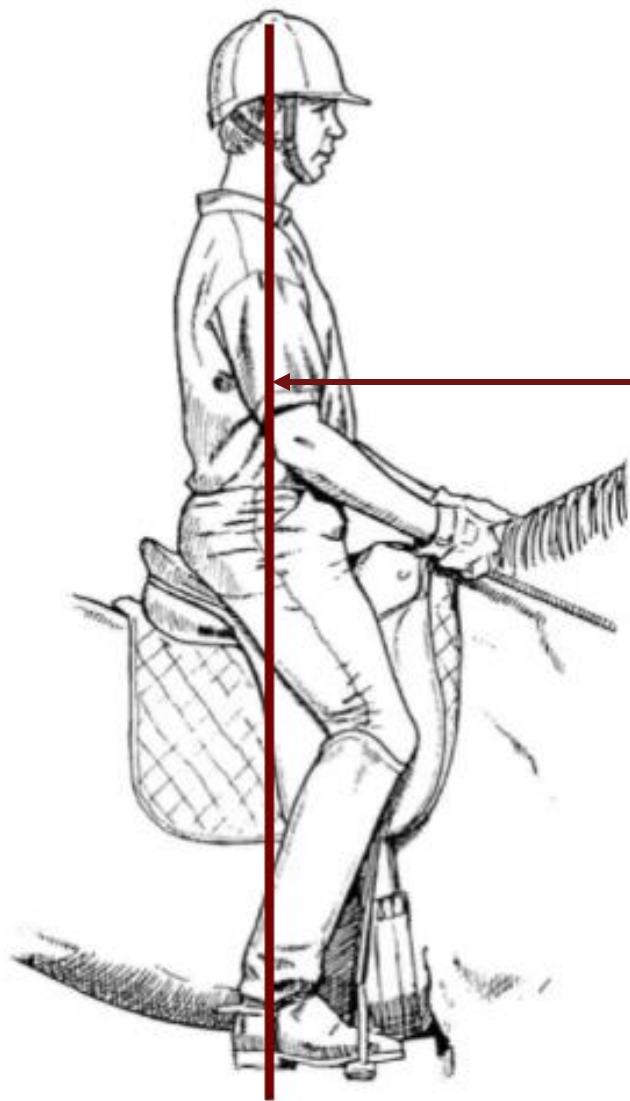
2. Circle the correct word to best match a good riding position:

Eyes:	Forward	Down
Thumbs:	Up	Down
Shoulders:	Back	Hunched
Heels:	Up	Down
Knees:	Straight	Bent
Toes:	Up	Down
Elbows:	At Sides	Out Front

3. Bonus! What type of saddle is this rider in? Western or English?

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ANSWER KEY



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