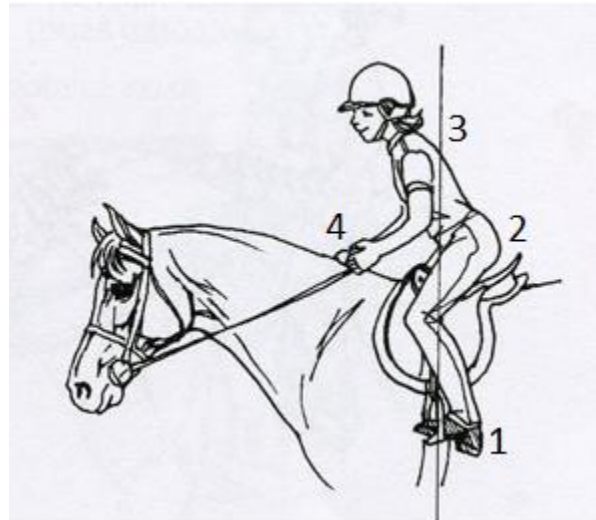




TWO-POINT INFORMATION SHEET



WHAT IS THE RIDER'S POSITION IN TWO-POINT?

- Heels-down
- Seat-out of saddle
- Upper body-shifted forward over the horse's neck
- Hands-on or near the horse's neck in front of the shoulders with reins the right length for good control.

WHAT DOES THIS RIDING POSITION DO?

- Gets rider's body out of the saddle freeing the horse's back.
- Build strength in the rider's body.

WHEN DO WE USE TWO-POINT?

- Jumping
- When the horse has to step over an obstacle such as a log on the ground or a ground pole
- When learning to trot

Two-point is a very important riding position. When on a trail ride, you might have to go into two-point when your horse steps over a log. In the arena, you might learn two-point before learning to trot to build strength and have a comfortable position for your first trot. Two-point does take lots of practice and strength, but the more you do it, the better you get.