



Academic Art of Riding: A Riding Method for the Ambitious Leisure Rider

Bent Branderup

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Explore the knowledge and teachings of the old masters in this well illustrated and easy-to-understand riding book

Based on the knowledge of the old riding masters, such as Xenophon, Pluvinel, and Steinbrecht, the *Academic Art of Riding* is rooted in the belief that one must train one's horse not only physically, but also mentally, according to the motto: "Two spirits who want to do what two bodies can." Fine communication with the horse as a partner is not only the way to accomplish this, but also the result. The described gymnastic exercises are made to build up the horse and keep it healthy. Starting with the horse's basic training and work in hand, the reader also gets insight into lateral movements, piaffes, and exercises above ground. Furthermore, methods for training and physiotherapy for horses in need of correction, as well the correct seat of the rider, are described. There is also included a checklist which allows the rider to assess their horse.

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