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\* Includes master instruction from a variety of contributors, including well-known US riders Meredith Michaels-Berbaum, David O'Connor, and Chris Kappler\* The author's previous book, 101 Schooling Exercises for Horse & Rider, has sold 10,000 copies to date Schooling a horse is a fundamental to any rider, whatever their equestrian background.

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This work contains 101 jumping exercises every horse and rider should know, from the simplest skills to the most complex techniques. It starts with basic work over and around poles to help horse and rider establish and maintain a dialogue with each other. Exercises progress in complexity teaching the rider correct technique, balance and confidence.

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101 Jumping Exercises Part One: This article has appeared previously with Equestrian Life. To see what is in our latest issue, please click here. By Linda L Allen. Riding and jumping, like most other activities are best learned by doing. Practice is as essential for riders as ongoing training is for horses, no matter their current level.

Equestrian Life - 101 Jumping Exercises Part One

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Jec Ballou is the author of 101 Western Dressage Exercises for Horse & Rider, 101 Dressage Exercises for Horse & Rider, and Equine Fitness. She is a national advisor to the Western Dressage Association of America and contributed to the current rules for the sport. She teaches clinics across the United States. She lives in Santa Cruz, California.

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