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Vaulting: Develop Your Riding and Gymnastic Skills

Ann Sagar

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Vaulting: Develop Your Riding and Gymnastic Skills Ann Sagar
Beginning with the background and development of vaulting, the author moves on to outline a complete programme for horse and rider, including: choosing, training and looking after a horse, and using the right equipment. Particular emphasis is placed on the special combination of riding, athletic and artistic ability demanded by this sport. The second part of the book is for the vaulting competitor and covers compulsory exercises required in competition, together with tips on how to improve performance, and practical information on how to be ready for the day of competition from filling out entry forms correctly to timetables, competition formats and knowing what the judges are looking for. Useful addresses; setting up your own team.

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