



Basic Balanced Position

USPC D Manual, 2nd Ed., p31 & C manual, 2nd Ed., pg4



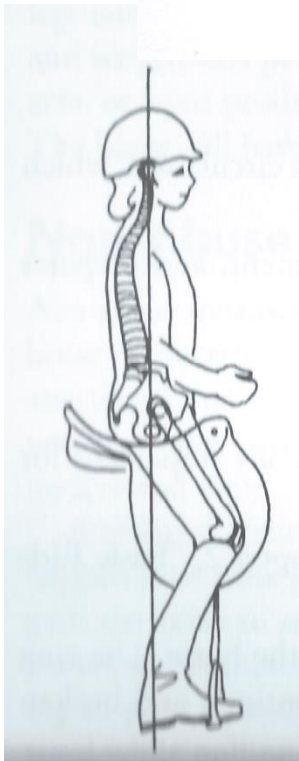
Teacher Copy

Good Body Position

Straight line from **Ears, Shoulder, Hip, Ankle**

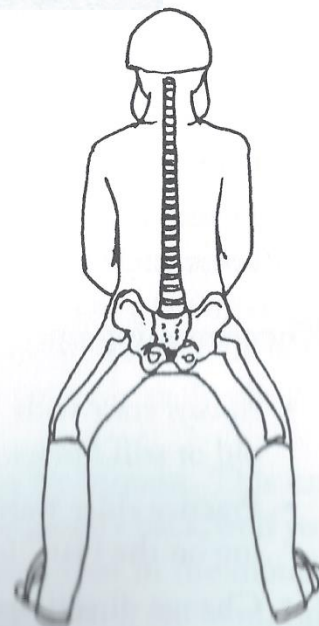
Good balanced position:

- Eyes up.
- Arms hang beside ribs.
- Knees and ankles relaxed.
- Head balanced.
- Back straight.
- Balanced on seat bones.
- Feet and legs under body.
- Heels down.



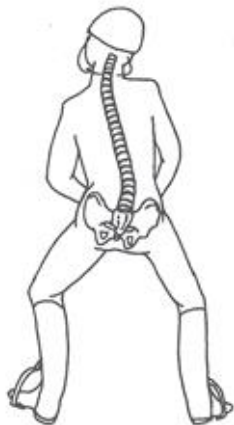
- Vertical line through ear, shoulder, hip, and ankle
- Pelvis balanced on seat bones

- Head balanced
- Shoulders even
- Spine straight
- Weight evenly balanced on seat bones
- Stirrups even



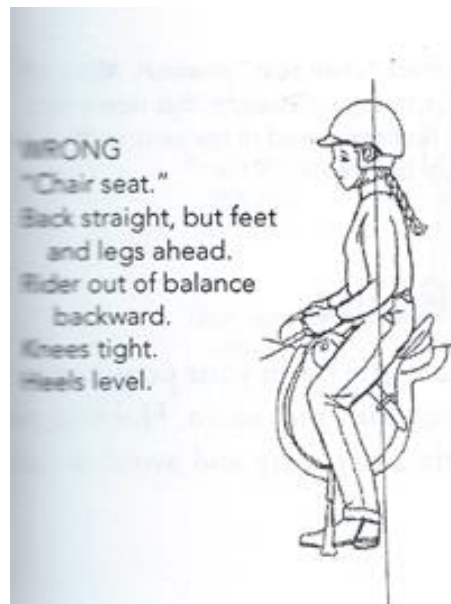
Balanced rider (from behind)

Problem Body Positions



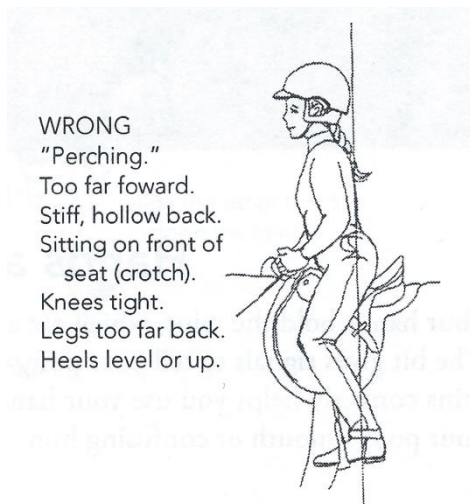
Crooked rider.

- Tilted head
- Shoulders uneven
- Crooked back
- Collapsed hip
- Uneven weight on seat bones
- Uneven stirrups
- Elbow, knee, and toe sticking out



WRONG
 "Chair seat."
 Back straight, but feet and legs ahead.
 Rider out of balance backward.
 Knees tight.
 Heels level.

Wrong



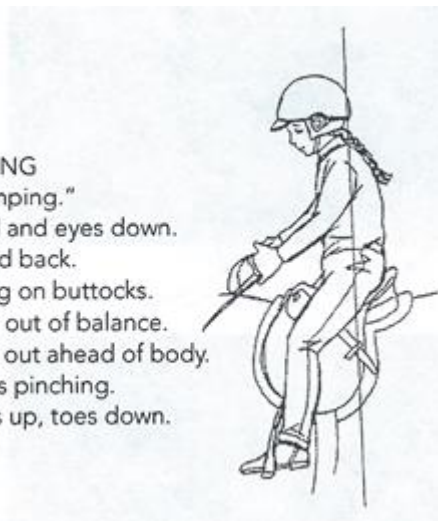
WRONG
 "Perching."
 Too far forward.
 Stiff, hollow back.
 Sitting on front of seat (crotch).
 Knees tight.
 Legs too far back.
 Heels level or up.

Wrong



Stiff, hollow rider.

- Head too high
- Neck cramped
- Hollow back
- Pelvis tilted forward
- Weight on crotch
- Knees pinching
- Leg too far back



WRONG
 "Slumping."
 Head and eyes down.
 Round back.
 Sitting on buttocks.
 Rider out of balance.
 Arms out ahead of body.
 Knees pinching.
 Heels up, toes down.

Wrong

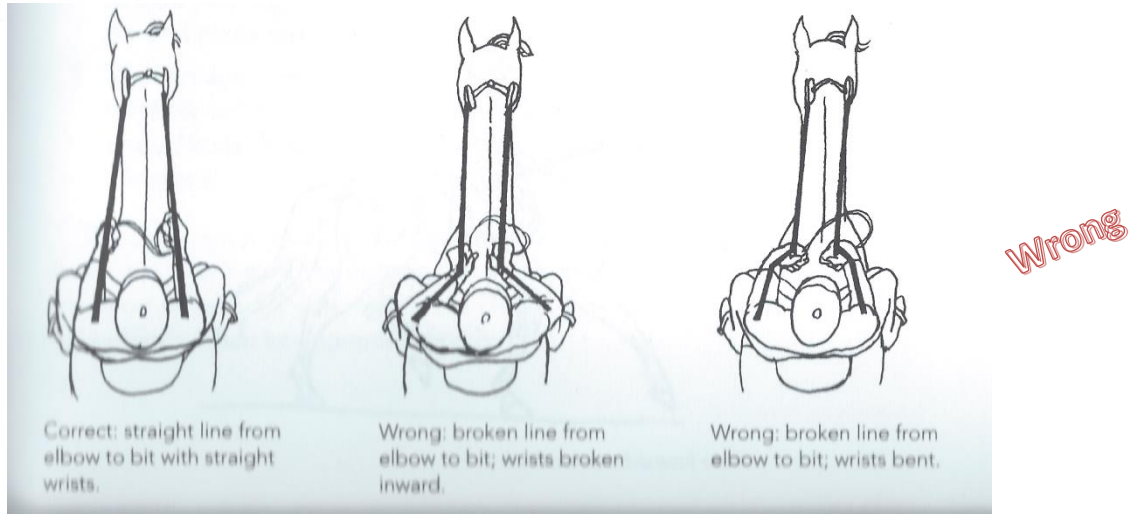
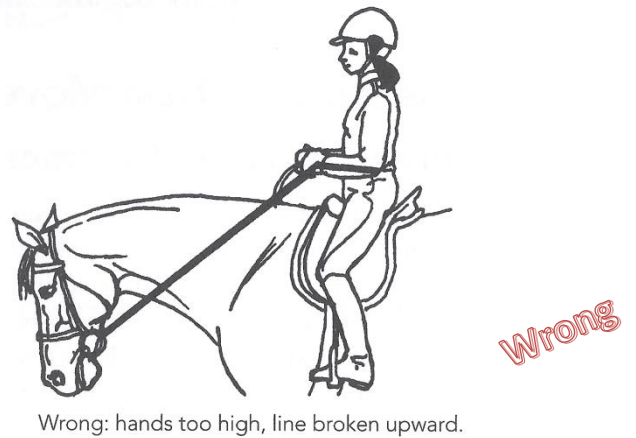
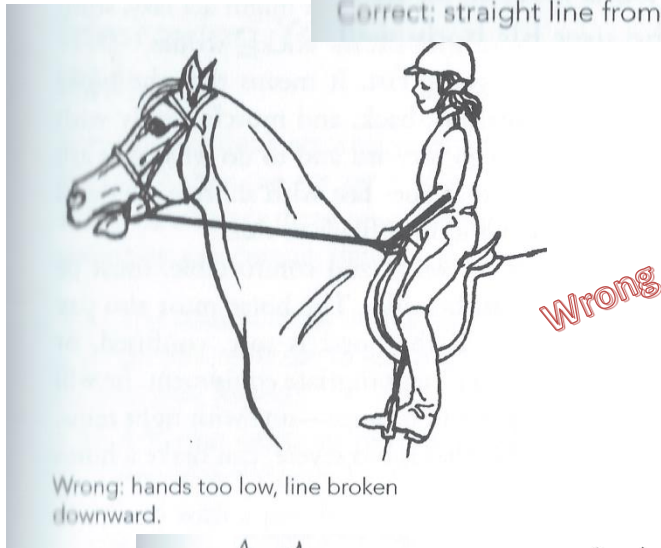
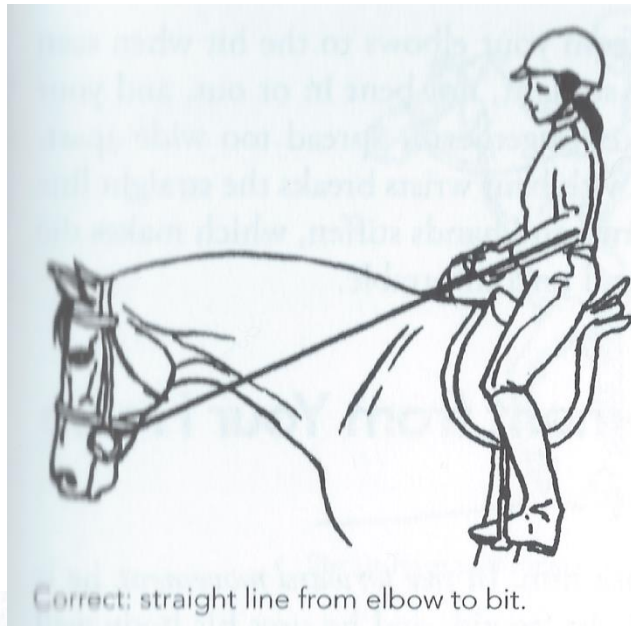


Slouching rider.

- Looking down
- Round back
- Pelvis tilted backward
- Weight on buttocks
- Legs ahead of body
- Heels up

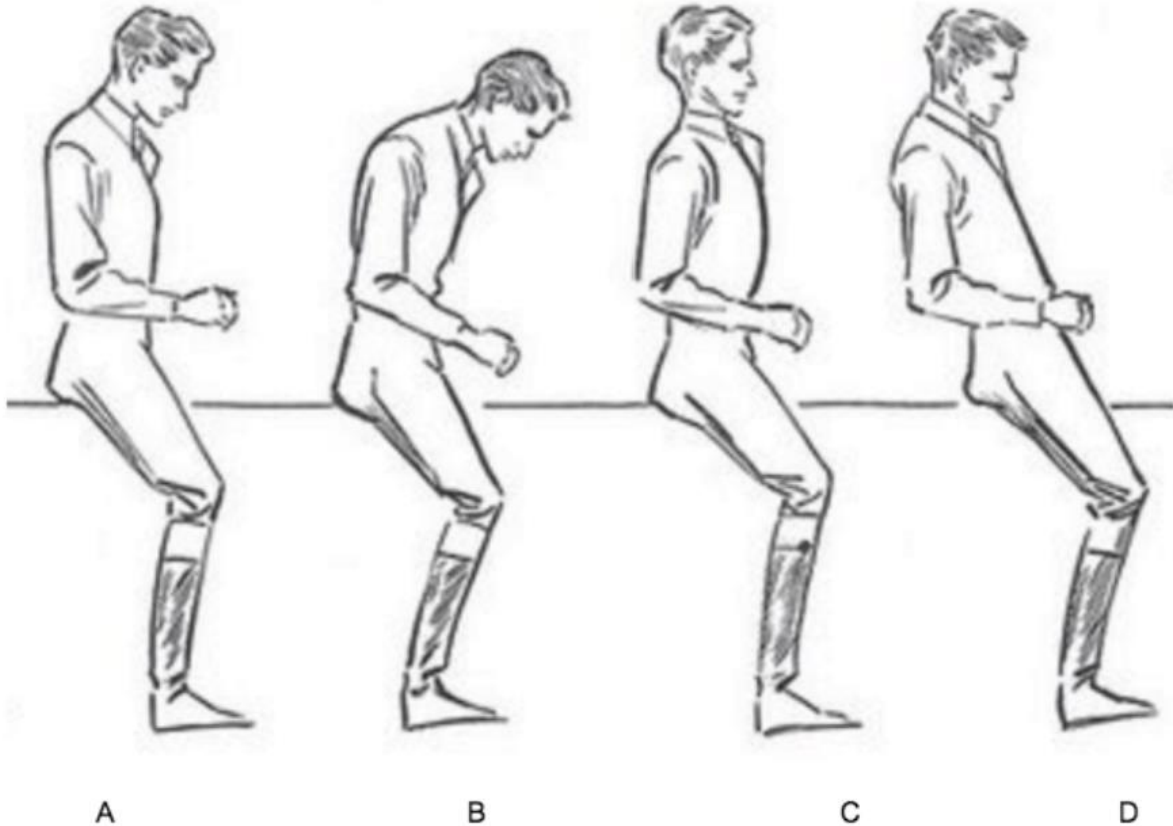
Good Hands

Straight line from **Elbow to Bit**

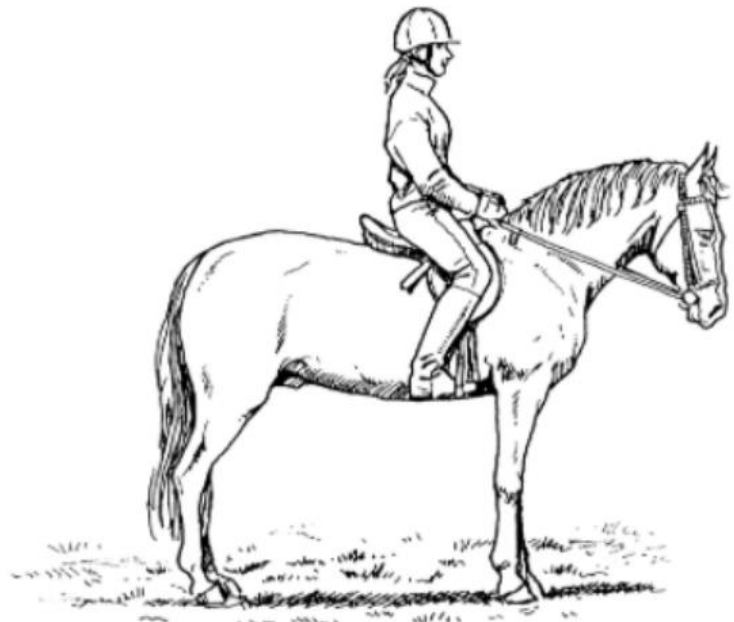


Incorrect Rider Position

Pretend you're the riding instructor and match the description of the rider's incorrect position problems with the letter under their picture.



- _____ Too stiff and tense, arched back, leg too far forward, heels not down
- _____ Leaning back, butt tucked under, leg too far forward
- _____ Hunched over, leaning forward, eyes down
- _____ Head down, eyes down, leg too far forward, heels not down



Correct Riding Position



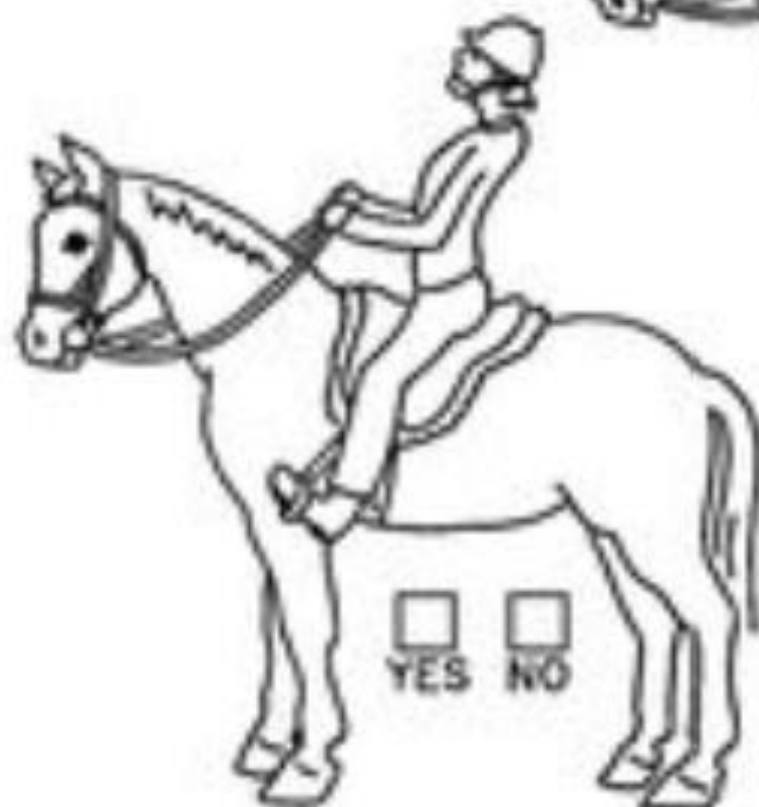
BASIC RIDING POSITION

HEELS DOWN
HANDS DOWN
BACK STRAIGHT
LEGS BACK

YES NO



YES NO



YES NO



CHECK THE
YES BOX WITH
THE CORRECT
POSITION

Notice the “bucket of water” on the pelvis. If you arch too much, the water will spill out the front. If your back is too flat or butt too forward, the water will spill out the back. Keep the water in your bucket.

