

# Danee's Horsemanship



## Hints...

### The Crooked Rider

Our bodies lie. Most riders feel like they are centered in the tack, but an observant onlooker can confirm that their pelvis is off to one side. Where riders can feel the discrepancy is not in their pelvis, but in their stirrups. One foot usually feels much heavier in the stirrup or one leg feels 'stronger' than the other. Many riders accuse one leg of being shorter, or try to lengthen or shorten one stirrup to even up their legs. But uneven stirrups only make matters worse. If one leg feels longer, lighter in the stirrup, or weaker try shifting your weight over that leg. Actually slide across the saddle and move towards the weaker feeling leg. To test your evenness drop your outside stirrup and ride a posting trot using just your inside stirrup. If you feel awkward, shift your pelvis to the inside- a lot. When you can do this exercise equally in both directions you can start believing your body when it tells you that you are centered.

**The Crooked Horse-** To help your horse be straight shift your pelvis towards the left side of the saddle when going left and the right side when going right. If your horse is particularly hollow one direction, only shift your weight slightly to the inside that direction, or stay centered. If your horse is particularly stiff one direction, you may need to really exaggerate how far you shift to the inside. If you feel like the horse has a hole on one side of his back that the saddle constantly shifts into, you may have to ride with one seat bone that 'hoovers' while the other is deeply weighted to hold yourself straight on a horse that is grossly crooked. You will feel like all your weight is in one stirrup, but that your hips and shoulders are even to the ground. Riding him this way will eventually help straighten him.

[www.RudyHorsemanship.com](http://www.RudyHorsemanship.com)



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