

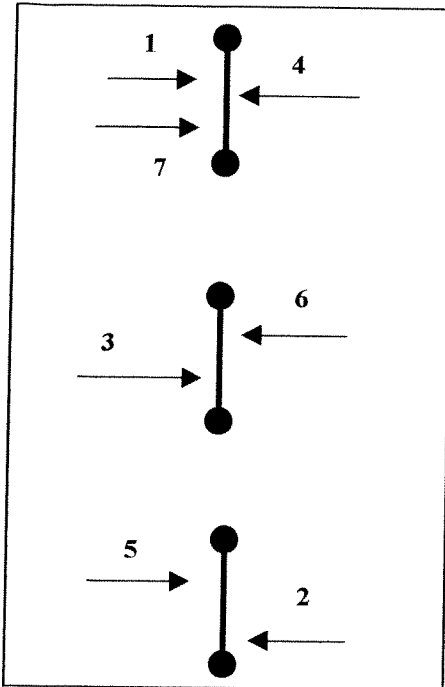
## **JUMPING EXERCISES – TURNS (TROT & CANTER)**

The exercises are designed to help the horse to gain confidence about turns in jump courses.

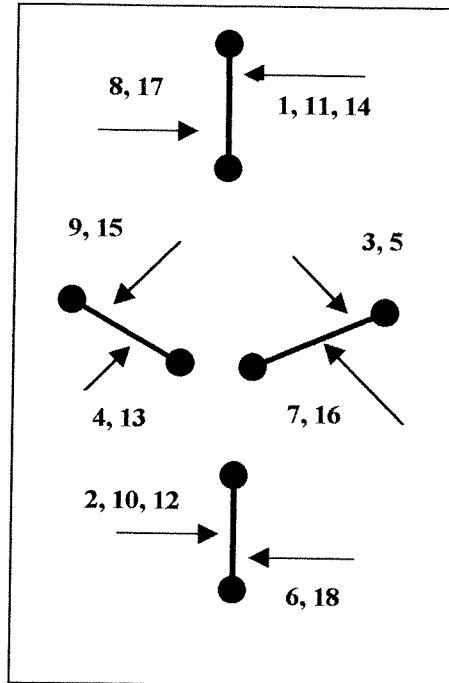
### **Assumptions:**

- All rails should be 12 feet in length.
  - All jumps should be done in as large of an arena as possible.
  - The following jumping exercises are to be done over several weeks.
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- For Exercises A and C:
    - All jumps are verticals.
  - For Exercise B:
    - All jumps should be verticals until the horse and rider are confident with the exercise and then changed to be Oxers to restart exercise in trot again.
  - For Exercise D:
    - All jumps are oxers.
  - For Exercises A and C:
    - Jumps on the centerline: from the center of one jump to the center of next jump on the centerline, should never be less than 20 meters, 30 meters would be better to start out with.
    - If arena is too small to accommodate 3 jumps on the centerline (or to accommodate the 20 meters from one center of a jump to another), reduce the number of jumps in exercises A and C to 2 jumps and work exercises over two jumps instead of three.
  - For Exercises B and D:
    - Turns should all be done on at least 20 meter arc from one jump to another in trot and then in canter before attempting to do 15 meter turns.
    - All turns should be smooth and without change of pace, rhythm, or stride before going from trot to canter or 20 meter turns to 15 meter turns.
  - All the jumps should be set **low** at first. Cross rails should be used first and then building the jumps to verticals and oxers (using horizontal rails).
  - All turns should be smooth and without change of pace, rhythm, or stride before going from trot to canter or 20 meter turns to 15 meter turns. If the rider and/or horse, are finding the exercise difficult, (i.e., problems keeping arc of the turns smooth and balanced without change of pace, rhythm or stride), then make the turns larger so that the balance and relaxation to the jump can occur.

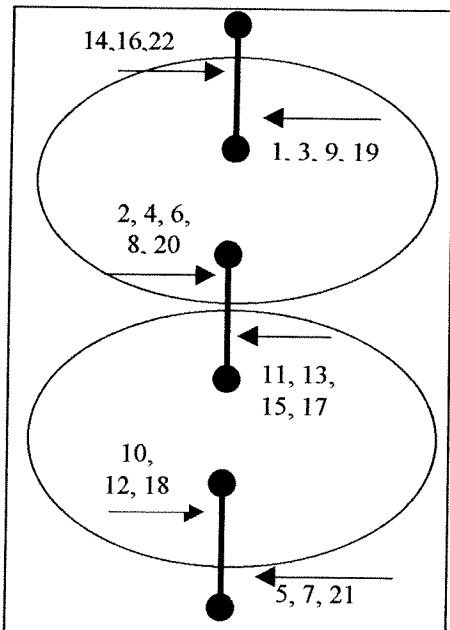
## JUMPING EXERCISES – TURNS (TROT & CANTER)



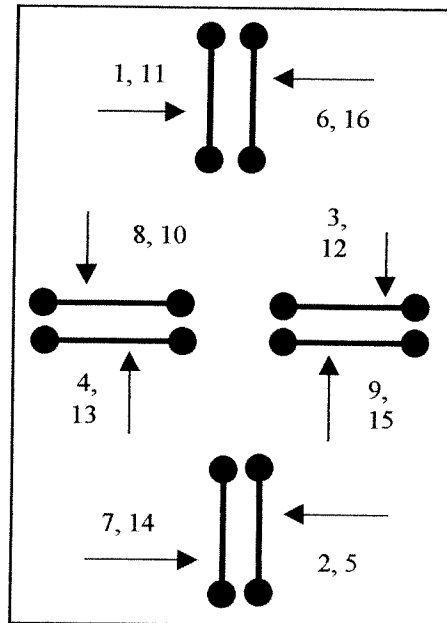
**Exercise A:** Low cross rails and then verticals in trot - Turns no tighter than 20m, then work the turns in canter. Keep a supportive outside rein and inside leg and look from one to another.



**Exercise B:** In trot first - working on turns & getting to jumps. Then in canter - working from one jump to another with flow – not speed using large turns first, then tighter turns (not less than 15m, then large turns again so that horse regains confidence).



**Exercise C:** Low Verticals – to be worked from ends to middle on a circle, then move to next end to the middle jump. Trot first until the turns are smooth and horses are confident, then try in canter. Make sure horses don't launch, but ease over jumps, then a smooth arc to next jump following the circle path.



**Exercise D:** Low, Wide, Square Oxers in trot first - working on keeping the jumps round and not launching over jumps and flow from one to another. Then in canter - working from one jump to another with flow – not speed using large turns first, then changing & varying direction like you would in a course to move around the arena. Turns (not less than 15m)