



# *YOUR RIDING SUCCESS*

## THE ULTIMATE GUIDE SHOULDER IN



## What is Shoulder In?

Why is it called shoulder in?

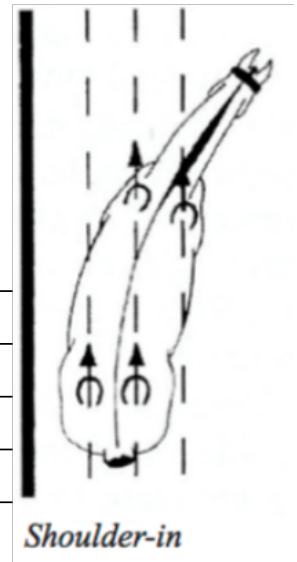
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What is the biggest mistake people make with shoulder in?

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What could we call shoulder in that would make more sense?

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How many tracks are in a shoulder in? \_\_\_\_\_

### Exercise 1

Stand up and put your head on your shoulder (see video for visual demonstration).

What happens to your rib cage on each side of your body when you do this?

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## Exercise 2

Stand up straight, facing forward. Now drop one of your shoulders.

What happens to your other shoulder?

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What is the difference between leg yield and shoulder in?

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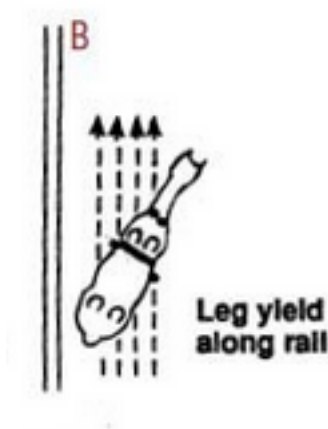
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Jump onto YouTube and take a look at the most recent WEG (World Equestrian Games) and watch the top 5. Watch their corners - you'll note that almost every single one of them, when they come through the corner were either dead straight or even slightly to the outside with the head. It shows you that these little things I'm teaching you apply all the way through to the top levels.

## **Moving Your Horse Sideways**

We are starting to look at things at this level like a leg yield, a half 10m circle or a serpentine. We aren't just going in straight lines anymore, and even though the shoulder isn't moving much, the beginnings of leg yield are designed to set you up and understand how to move your pelvis at the same time as keeping balance in your legs.

How do you use your position to start to get your horse to move sideways - how does this affect your horse?

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This part is a part that people miss in their riding, and don't really understand - and fudge their way through... until they get to the higher levels with things like the half pass and it all falls apart.

## **How To Make Your Leg Yield Easier**

What is your biggest take away learning from this first riding video?

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The biggest thing is that sitting to the outside doesn't get the horse to go that way. You have to remember - always - the horse will move AWAY from pressure.

You must ensure that your horse moves away from the pressure. This can be your seat, your hips. You need to create space for your horse to move that way.

What does that look like in your seat? It is very important that your feet are flat on the ground!



When you put your bottom to the inside, your weight needs to stay exactly the same in your feet - even weight in each foot (one foot shouldn't have more weight just because you have moved your pelvis).

You shoulders should also stay in the same position, even though you are creating space for the horse to move into, your upper body shouldn't move.

## **How To Fix Your Seat When You Lose Balance In Leg Yield**

What is your biggest take away learning from this second riding video?

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It is all about figuring out how to adjust your seat. Again, it's all about giving your horse the space to move in the direction that you want, and making sure your seat is in the correct position and focusing on what your body is doing, and understanding that if you lose balance it makes it harder for your horse to do the movements.



If you are losing your balance, backtrack a bit and break it up into manageable chunks - just one step at a time. You are better off doing one step correctly rather than 10 steps that are not quite right.

It is not just about pilates - it's very important that you understand the why rather than just the how.

Now that we have the balance in our legs, what happens with our arms?

This is exactly the same as what we did on the circle. The bend doesn't come on the circle because we move our arms or our arms change. You don't need to 'create' the bend on the circle - the circle itself will create the bend.

Leg yield is exactly the same - you don't need to really move your hands over. Your hands stay somewhat the same again. Keep it simple. All you are doing is creating space to move the horse into, and make sure everything stays even and you stay on your train tracks.

## **What Can Leg Yield Give You When You Get It Right**

What is your biggest take away learning from this last riding video?

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When you are leg yielding from the centreline to the wall, the point is not that you reach the wall.

The point is that you keep the horse parallel with the wall.

Think about your banana shape, send him over by sending some of your weight away from the wall so that he has space to move towards the wall.

The leg yield which is introduced at this level, is a fundamental movement to everything - which is why there isn't anything else that is new for this level (just higher levels of difficulty).

