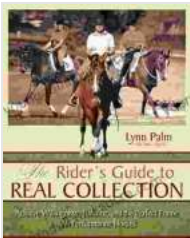


The Rider's Guide to Real Collection

Real collection is the holy grail of riding. It's the state of perfect balance and harmony between horse and rider, where the horse is completely relaxed and responsive, and the rider is able to control the horse with minimal effort.



The Rider's Guide to Real Collection: Achieve Willingness, Balance and the Perfect Frame with Performance Horses by Lynn Palm

★★★★☆ 4.5 out of 5

Language : English
File size : 7273 KB
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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 176 pages



Achieving real collection is not easy, but it is possible with the right training and practice. This guide will provide you with the knowledge and tools you need to master real collection and take your riding to the next level.

What is Real Collection?

Real collection is a state of balance and relaxation in which the horse is carrying itself correctly and is responsive to the rider's aids.

When a horse is in real collection, its back is rounded, its hindquarters are engaged, and its head is carried at a natural height. The horse's weight is evenly distributed over all four legs, and it is able to move freely and easily.

Real collection is not just a matter of aesthetics. It is also a fundamental element of good horsemanship. A horse that is in real collection is more comfortable to ride, more responsive to its rider, and less likely to suffer from injuries.

Benefits of Real Collection

There are many benefits to achieving real collection, including:

- **Improved comfort:** A horse that is in real collection is more comfortable to ride because its weight is evenly distributed and its muscles are relaxed.
- **Increased responsiveness:** A horse that is in real collection is more responsive to its rider's aids because it is able to move freely and easily.
- **Reduced risk of injuries:** A horse that is in real collection is less likely to suffer from injuries because its muscles are relaxed and its body is balanced.

How to Achieve Real Collection

Achieving real collection takes time, patience, and practice. There is no single formula that will work for every horse and rider, but there are some general principles that you can follow.

The first step is to establish a solid foundation of basic horsemanship skills. This includes being able to control your horse's speed and direction, and to ride in a balanced and relaxed position.

Once you have a good foundation, you can start to work on developing real collection. This can be done through a variety of exercises, such as:

- **Leg yielding:** Leg yielding is a great exercise for improving your horse's balance and suppleness. It also helps to develop the horse's hindquarters.
- **Shoulder-in:** Shoulder-in is another good exercise for improving your horse's balance and suppleness. It also helps to develop the horse's shoulder muscles.
- **Travers:** Travers is a more advanced exercise that can help to improve your horse's collection and responsiveness. It is important to have a solid foundation before attempting this exercise.

It is important to remember that real collection is a journey, not a destination. It takes time and practice to develop, and there will be setbacks along the way. But if you are patient and persistent, you will eventually achieve your goal.

Troubleshooting Common Problems

There are a number of common problems that can prevent riders from achieving real collection. These problems include:

- **Rushing:** It is important to be patient when working on real collection. Rushing the process will only lead to frustration and disappointment.

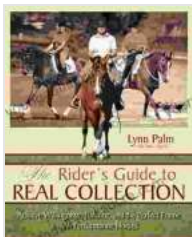
- **Using too much force:** Real collection is not about forcing the horse into position. It is about working with the horse to develop its natural balance and suppleness.
- **Not being consistent:** It is important to be consistent with your training if you want to achieve real collection. This means riding your horse in a balanced and relaxed position every time you ride.

If you are having trouble achieving real collection, it is important to seek help from a qualified instructor. A good instructor can help you to identify and correct the problems that are preventing you from achieving your goal.

Real collection is the ultimate goal of every rider. It is a state of perfect balance and harmony between horse and rider, where the horse is completely relaxed and responsive, and the rider is able to control the horse with minimal effort.

Achieving real collection is not easy, but it is possible with the right training and practice. This guide has provided you with the knowledge and tools you need to master real collection and take your riding to the next level.

So what are you waiting for? Start working on real collection today and see how much your riding improves.



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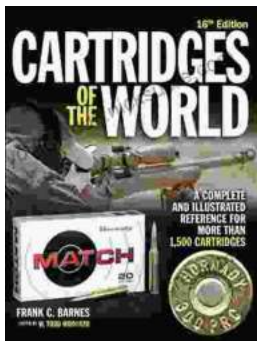
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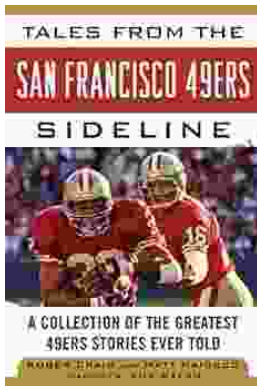
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