

EC hand® a training tool when training the riders seat

EC hand® is the perfect training tool when training the passive seat at for example training the riders seat at lunging. In this example you have the horse tacked up with sidereins for lunging as usual, the rider has his ordinary reins with EC hand® placed according to the instructions.

The passive seat is something that we all can improve and that many riders do too little exercise on.

Most people trains a lot on the way they give aids and communicate with the horse, but if that is to work, the passive, "silent" seat must work as well.

The more balanced, flexible and independent seat you have, the easier you will have to use your different aids more precise and more controlled.

You get a more sensitive, obedient and well-trained horse if you exclude many of the signals that you give to your horse without you being aware of it or beeing able to prevent it.

The horse will not have to guess which aids you knowingly give and it shall answer to, or what it shall ignore.

You will not have to give as strong / powerful aids to make yourself heard above the noise of all the signals that you unconsciously give.

To completely get rid of these signals is probably no riders able to, but everyone is able to reduce them and get a more silent seat.

With **EC hand®** you will find that you can get rid of many corrections that you give with your aids just to counteract the unconscious aids that you give the horse.

For example: You have an instable hand that sometimes pull the horse's mouth without you being aware of it or are able to prevent it.

The horse takes this signal as a braking aid and reduce the pace or become uneven in his impulsion. Then you add more driving aids to get the horse to go forward.

In this case the driving aids is the correction on your unconscious/ instabile hands signals.

With **EC hand®** on the reins, you get a constant feedback that you hold a soft and smooth contact with the horse's mouth.

You can clearly see if your hand becomes unstable or if you keep your balance with your hand.

As ideally you should be able to keep **EC hand®** on the green field all the time and as still as possible with equal pull on both reins. Can you handle that, you have an independent hand that is not affected by your bodys movements, a necessity if you are to provide well-timed aids and just when they are needed, and you consciously want to give them.

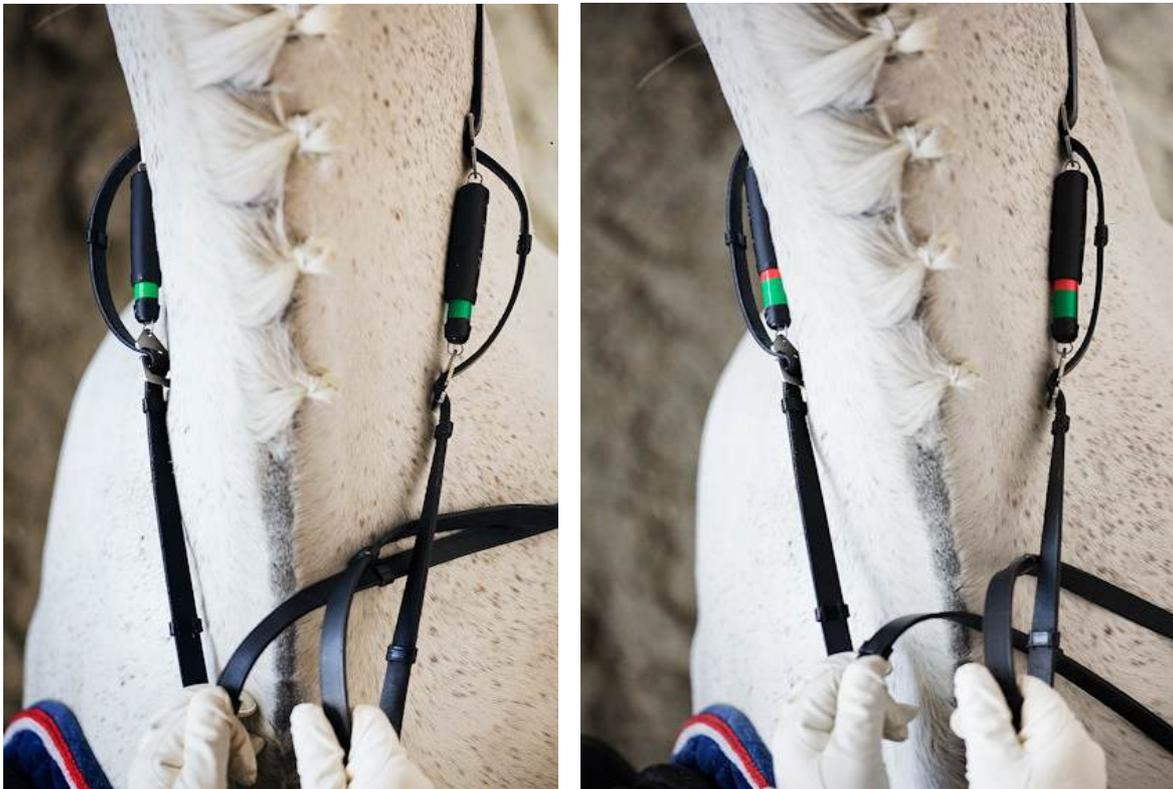
You can also work on making "give and take" with your hand with the same power in both hands.

This is clearly seen if you have the equal amount of colour on both **EC hand®** visible.

Knowing this is important when training the straightening of the horse.

If you want your horse equally on both reins, you must be certain that you ride the same way with both left and right hand.

There are lots of good arguments to train the seat and balance on the horseback, both performance-related as well as in staying healthy for both the rider and the horse.



For more information:
www.proec.se