

GLITCH AND FIX

Sitting to the trot needn't be a bouncy and uncomfortable experience, says trainer and author **Perry Wood**



THE TRAINER
Perry Wood

MASTER SITTING TROT

THE GLITCH

- You find sitting to the trot an uncomfortable experience;
- Your leg and seat aids become less effective as a result;
- As you're bouncing around, you get left behind the movement.

THE FIX

Sitting trot gives you more influence over harder dressage movements.

The first thing to remember is the saddle doesn't go up and down – it moves a little from side to side.

So, instead of trying to absorb an upward and downward movement, dip your hip bones alternatively so you move with the saddle.

Practise alternating your hips off the horse in front of a mirror and watch other riders in sitting trot, so you see how the saddle moves.

Don't spend long periods in sitting trot because you'll find you become stiff and bounce more.

It's better to sit for a few strides then rise again before your body stiffens, as your brain learns from muscle memory and the few good steps will be remembered positively.

Trying to sit on a hollow horse is difficult, so have your horse working correctly on the bridle first.

Avoid trying to sit up too tall as this creates a hollow back that can't absorb the movement so easily.

Sitting trot is in between being passive and active with your seat, so 'ride it' but avoid 'over riding' it or just sitting there. And insist the horse trots at your pace, not his. **■**



Practise alternating your hips off the horse (inset) to improve your sitting trot