



The Riding Instructor's Handbook

Monty Mortimer

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Riding as a sport and leisure pursuit has risen in popularity recently and more the 2 million people now ride once a week or more in the United Kingdom alone. There is now a greater need than ever for trained riding instructors. The number of young people wishing to become qualified British Horse Society Instructors has grown, with nearly 13,000 people sitting BHS exams in 1995. This guide covers all aspects of teaching riding, from the personality and style of the instructor to teaching an absolute beginner, teaching on the lunge, class lessons, jumping and training the dressage rider. It also includes a chapter on classroom teaching, an area in which many riding instructors encounter difficulty. No attempt is made to teach riding. The aim of the book is to provide the student instructor with a standard work for study and the practising instructor with a practical reference book to aid the preparation of his lessons. It is also intended to help students working towards instructors' examinations, right up to the level of the Fellowship of the British Horse Society.

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