

Carrying a Tray

How do I ride this?

- 1** Carry a short riding crop secured between thumbs and forefingers.
- 2** Keep the crop parallel to your belly and horizontal as you proceed in an active rising trot.
- 3** Do not let the whip wobble at all or let one end advance past the other (be aware of your outside hand as you circle).
- 4** As you post, actively push your abdomen up to the whip.
- 5** Maintain a steady contact through the reins without tightening or slackening as you post.
- 6** Practice in both directions.

Keep in mind

Keep your eyes focused up and forward as you trot. Ask your ground person to point out if the whip wobbles or shifts out of position.