

## Hip Slides

### How do I ride this?

- 1** Ride at a walk with your feet out of the irons and your legs gently wrapped around your horse.
- 2** Place your hands on your hips so you can feel the point of each hip.
- 3** Advance your left hip by pushing the left side of your pelvis forward while holding the right side fixed.
- 4** Relax for a couple of strides.
- 5** Now push the right hip in front of the left.
- 6** Alternate several times.

### Keep in mind

This is a good exercise to practice unmounted first. Try it either standing on the ground or seated in a chair.

Many riders expect too much movement from their hips and become frustrated in this exercise. You should move each hip only about one-half inch in front of the other. Let your hands tell you when you're getting it right. As you slide each hip forward, the advancing seat bone should stay in deep contact with the saddle: Be sure not to rock off either seat bone.