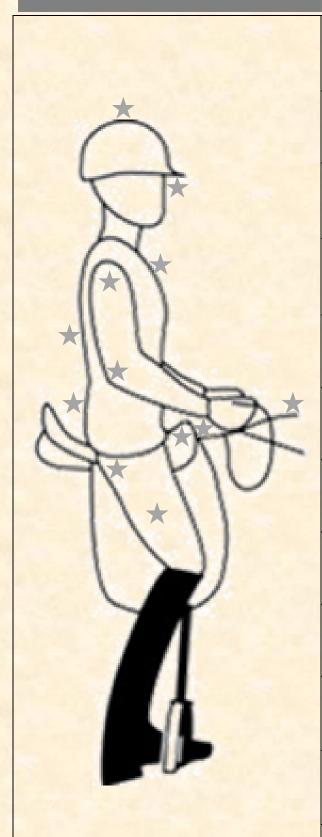
## **Position Checks**



### Head:

Rise to the sky. Eyes up (last)

# Shoulders (Side):

Stability test; Side to side sway

#### Sternum:

Meet a gust of wind with forward

### Back:

Security test; No Movement nor hollow

### Sacrum:

Deep seat test; No wiggle, weight downward

## **Pull Mane:**

Vertical position test; Should move down

## Finger:

Balance test; Shouldn't rock forward / back

### Fist:

Seat test; Shouldn't lift up out of saddle

### **Seat Bones:**

Scoot under by raising knees up on saddle 1st

#### Legs:

Hang naturally, not changed / rotated

### Eyes:

After body adjusted, eyes up last

### Elbow:

Hang naturally by belt / hips

# **Correction Suggestion Aids**

### **Head & Neck:**

- > Imagine stretch head upwards
- > Go to extreme direct opposite
- > Look BETWEEN ears not at ears
- ◆Head wrap ◆Glasses ◆Bandaids

## Thighs:

- > Allow knee forward/down
- > Feet out of stirrups
- ◆Leg weights ◆Equi-Cube
- Clipboard

## Shoulders & Arm:

- > Raise hand to sky
- > Circle arms or aeroplane
- ◆Pencil between shoulder blades
- ◆Shoulder brace ◆Squishy
- **Clipboards**

## Knees:

- > Stand in stirrups
- > Froggy legs
- ◆Knee brace
- ◆Knee pillow/toy
- ◆Ball or wedge inside stirrup iron

## Hands:

- > Thumbs rest on top reins
- > Pinkies touch mane
- Stretch band between hands
- Whip under thumbs
- ◆Mirror the good hand

## Calves:

- > Leg stretches down/back
- ◆Bandage calf
- ◆Stretch band s leather to girth
- ◆Ball or foam or wedge
- ◆Ankle weights

#### Torso:

- > Pommel 1cm, ½inch higher
- > Rope pulling up out of top head
- > One arm up elongate or lumbar
- > Shorten stirrups or Stand
- Necklace

# Ankles:

- > Ankle circles & up/down
- ◆Ride with squishy on top s iron
- ◆Wedges: Foot parallel to ground
- Clipboard/foam board float
- **\***Mirror

## Hips:

- > Knees up on saddle
- > Wet Towels > Mirror
- > Stretch lower legs 1. sideways
- 2. down 3. heel down/back
- > Saddle twist: \*Face cloth \*Band

### Feet:

- > Align pinkie toe on stirrup iron
- > Losing stirrups: shorten leather
- > Raise & lower feet as "walking"
- > Scrunch and relax/stretch toes
- Apply pressure or squeeze