

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: <ul style="list-style-type: none"> > Imagine stretch head upwards > Go to extreme direct opposite > Look BETWEEN ears not at ears ◆Head wrap ◆Glasses ◆Band-aids 	Thighs: <ul style="list-style-type: none"> > Allow knee forward/down > Feet out of stirrups ◆Leg weights ◆Equi-Cube ◆Clipboard
Shoulders & Arm: <ul style="list-style-type: none"> > Raise hand to sky > Circle arms or aeroplane ◆Pencil between shoulder blades ◆Shoulder brace ◆Squishy ◆Clipboards 	Knees: <ul style="list-style-type: none"> > Stand in stirrups > Froggy legs ◆Knee brace ◆Knee pillow/toy ◆Ball or wedge inside stirrup iron
Hands: <ul style="list-style-type: none"> > Thumbs rest on top reins > Pinkies touch mane ◆Stretch band between hands ◆Whip under thumbs ◆Mirror the good hand 	Calves: <ul style="list-style-type: none"> > Leg stretches down/back ◆Bandage calf ◆Stretch band s leather to girth ◆Ball or foam or wedge ◆Ankle weights
Torso: <ul style="list-style-type: none"> > Pommel 1cm, ½inch higher > Rope pulling up out of top head > One arm up elongate or lumbar > Shorten stirrups or Stand ◆Necklace 	Ankles: <ul style="list-style-type: none"> > Ankle circles & up/down ◆Ride with squishy on top s iron ◆Wedges: Foot parallel to ground ◆Clipboard/foam board float ◆Mirror
Hips: <ul style="list-style-type: none"> > Knees up on saddle > Wet Towels > Mirror > Stretch lower legs 1. sideways 2. down 3. heel down/back > Saddle twist: ◆Face cloth ◆Band 	Feet: <ul style="list-style-type: none"> > Align pinkie toe on stirrup iron > Losing stirrups: shorten leather > Raise & lower feet as “walking” > Scrunch and relax/stretch toes ◆Apply pressure or squeeze