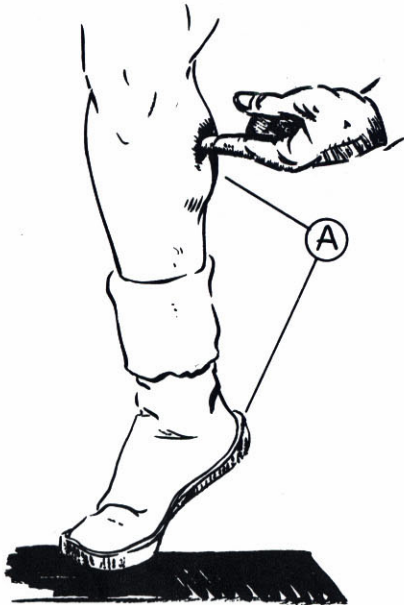


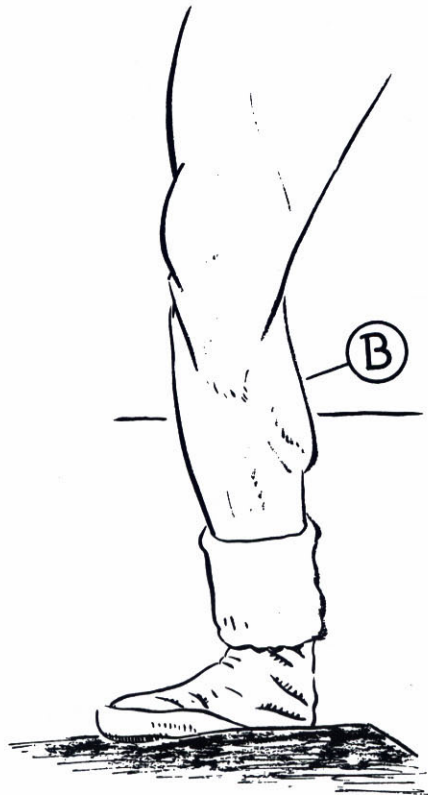
# Riding By Reasoning

By MONTE FOREMAN  
 Illustrated by the Author  
 Part XVIII

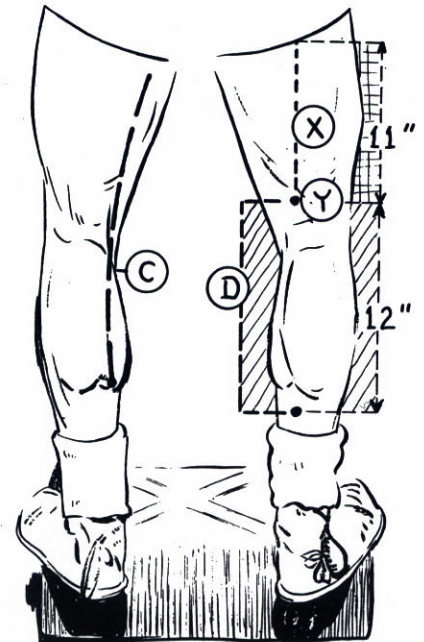
*"The rider's legs and leg muscles play an important part in horse-contact and grip in balanced riding."*



● A. HEEL UP: The muscle of the calf shortens, becomes soft, and has no qualities for rigidly gripping around the horse's barrel.

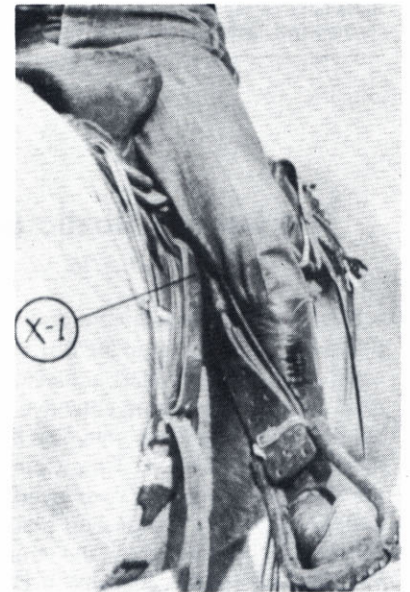
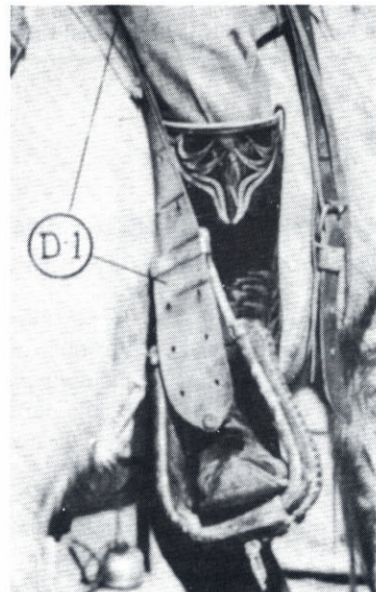


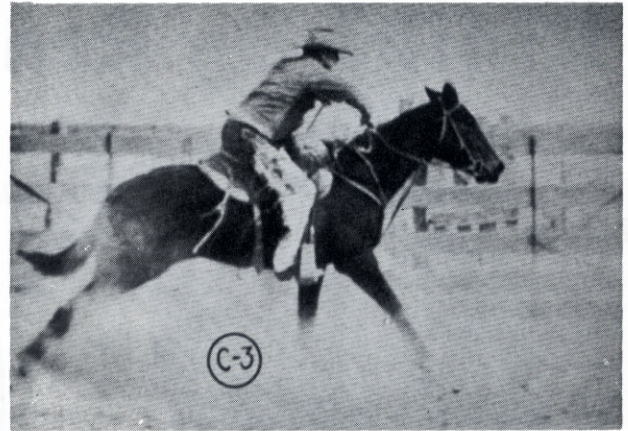
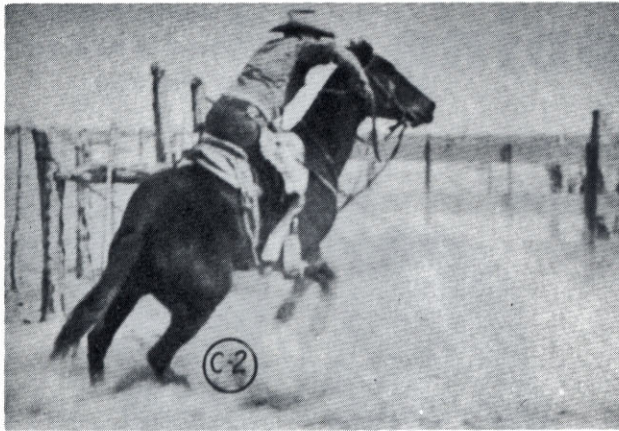
● B. HEEL DOWN: The calf muscle lengthens, becomes flat and rigid. When the knee is slightly bent, the leg concaves—forming a firm, unyielding "leg-contact." This "leg-contact" can be used efficiently if the rider can get his legs down against the horse's sides.



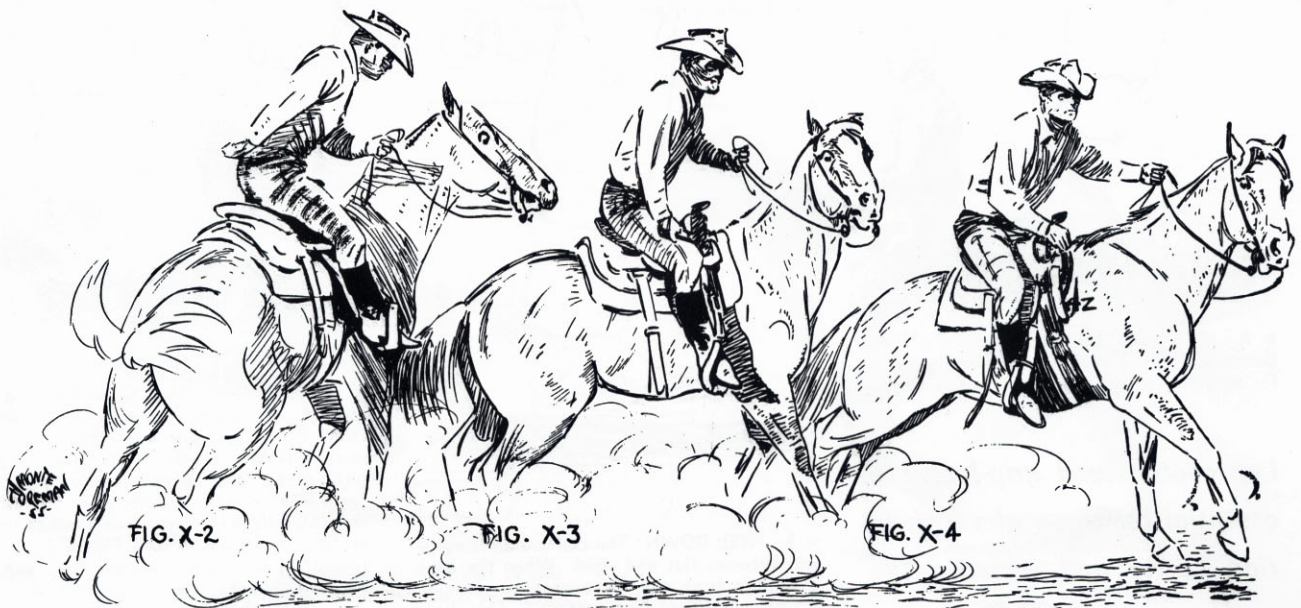
● C. With heels down, he will have a leg-contact of approximately 20-inch length. (Note leg-contact distance in Fig. C-1.) With more weight on his heels and gripping tighter, he gets approximately a 12-inch "grip-lock" downward from point "Y" of Fig. D. Naturally, more "grip-lock" makes staying in balance easier. (Note Fig. D-1.) Bulky-rigged saddles do not allow a grip-lock (X). By measurement, the rider can get a leg-contact of about 11 inches from his crotch to point "Y," but he contacts the saddle! (Note Fig. X-1.) He has no leg-contact with the horse's barrel!

*Leg contact and grip-lock are essential for those who wish to ride better and increase the performance of their horses.*





● C-2-3. On a saddle with qualities for leg-contact (C-1) and grip-lock (D-1) there is much more security, especially when the rider drives his heels down farther than in Fig. C-2. When a horse does a fast 180-degree roll-back the impact of stopping, turning, and jumping out is definitely hard to stay in line with the drive. This rider, too, got out-of-time and had to use his saddle-cantle as a "crutch" to stay on (he shouldn't). But, helped by his grip-lock, he does not need the saddle horn for a "stick-on crutch."



● On a bulky-rigged (X-1) saddle the rider has little security and is out-of-balance to the left in Fig. X-2. If he tries to leg-grip, his knee is shoved outward by rigging, saddle, and blanket bulk. Contact is made with the horse by the back of his ankle and heel, as in Fig. X-3. His heels — with or without spurs — go into the horse's lower barrel, leaving him literally "hanging onto the horse by his heels." It isn't enough! His seat slides back on top of the saddle cantle (Fig. X-4) and he has to grab the swells or horn to stay on. (Rider's weight is a long way from the horse's carrying-spot, point Z, making it harder for him to break out of this 180-degree roll-back turn.)

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