



## Horseback riding

Although it has been said that “Riding isn’t a sport- the horse does all the work!”, riding is about strength and skill. It is having control over every single muscle of the body and knowing what to do without having to think about it. Even after a short ride, non-riders will notice certain muscles will be quite sore. Riding requires a few muscles that aren’t often used in other sports. The control it takes to use rein, leg and seat aids to influence a horse requires refined body awareness somewhat similar to a gymnast. Memorising dressage tests and jump courses, following trail maps, choosing the safest route on a trail ride, deciding the most effective way to handle a horse that is acting up (that sometimes requires split-second timing) and always being aware of what your horse is thinking, is mental exercise. Riders memorise how they will ride a particular course or cue a horse for a specific move, often within minutes of competing. However, they also need to be mentally flexible enough to change course instantaneously if the horse misbehaves. An old sport, still every well alive!

Stainless steel is used for the metal parts of high quality horse tacks. Glue on steel horseshoes requires stainless steel tabs for optimum adhesion to the hoof.



Horse bit.  
Picture courtesy of Hilason



Horseshoes.  
Picture courtesy of Hanson Farriers



Finn Tack Overcheck Snap  
Picture courtesy of Hilason



Stirrups.  
Picture courtesy of Hilason