

## Practice Emergency Dismounts

### **Does your fear of falling off prevent you from getting on?**

Does your fear of falling off prevent you from getting on? Pat Parelli says, "Prior and Proper Preparation Prevents Poor Performance."

Using that concept, take 10 minutes to practice an emergency dismount. Pat also says to "separate, isolate and recombine." Starting bareback, use a mounting block or fence, and simply drape yourself over your horse's back — don't even throw a leg over — then slide right off. When you feel confident sliding off and landing on your feet, add the next step and throw a leg over. Then get right off again. Practice this dismounting exercise on both sides of your horse. Once you saddle up, use the standard emergency dismount — drop your stirrups, grab your horse's mane, lean against his neck, throw your leg over and slide down. Ten minutes of getting on and sliding off will give you the confidence to know you can dismount effectively when you need to.

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