

Vaulting Lessons

By Kim Abbott

Thursday, September 24, 2009

With each vaulting lesson I take, my fears subside and my confidence grows. I've graduated from a stout Haflinger named Cheyenne to a much taller (probably 15.1 or so) Quarter Horse named Leo. The intense workout program I've been doing at home has helped my stamina and ability to better execute the vaulting movements, and I learn something new with every session. I recently learned the scissors, which is very complicated, and accomplished my first exercise at the canter--the basic seat! On the downside, I was introduced to the spandex unitard I will be wearing if I do demonstrations at the horse park (Eek!). All in all, I'm very proud of myself and actually surprised. I would never have thought I'd have the guts or the ability to tackle a sport like this. I will keep you posted with my progress.

[<< Previous Entry](#)

[Back to The Near Side](#)