



MEMORIES &
FRIENDSHIPS
THAT WILL LAST
A LIFETIME!

OVER 40 YEARS
EXPERIENCE WITH
HORSES

*Debbie
Burgermeister*



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HORSE LOVERS FIRST BOOK



The Basics
You Need
to Know
About Horses

A Beginner Education Pathway

Debbie Burgermeister





This book is about
creating confidence and a safer path
to horse care, riding, or owning a horse one day.

Your author Debbie has a lifetime of
horsemanship experience, in-depth knowledge to share
and a passion for people of all ages learning safely,
helping people starting out with the core fundamentals
to support the future of sensible, confident
and capable horse handlers and riders.

We hope you enjoy this book from an expert
who has owned, cared for and loved her horses
through many ups and downs.





Questions in this book

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Are you horse crazy?

Take the test:

1. I own at least one toy horse
2. I love the smell of horses
3. I don't care about getting dirty
4. I would rather muck out a stall than clean my room
5. I own at least 3 books about horses
6. I make horse jumps at home out of brooms, buckets and stools
7. I dream about horses
8. I have horse pictures in my bedroom
9. I love to act like a horse trotting and galloping around
10. I could spend all day in a horse shop
11. I pretend that my bicycle is a horse
12. I love watching any type of horse movie





These are the parts of the body.





Are horses colourful?

The basic colours you will see are Brown, Bay (brown with black mane and tail and usually a black strip on top of rump to tail), Black, Chestnut (red/orange with mane and tail same colour as coat), Flaxen (a lighter mane and tail), Liver Chestnut (a very dark chestnut). There are many variations of white (light grey, dapple grey or white) and flea bitten (black sprinkled through a white coat).

Other colours can be mixed with the name of a breed such as Cremellos (white mane and tail with pink skin), Roan (reddish and blue mix of colours with white), Palomino (golden with white mane and tail), Paint/Pinto (black and white is Piebald and brown and white is Skewbald), Appaloosa (looks like a leopard, white with dark spots).



This type of brown is called Seal Brown.



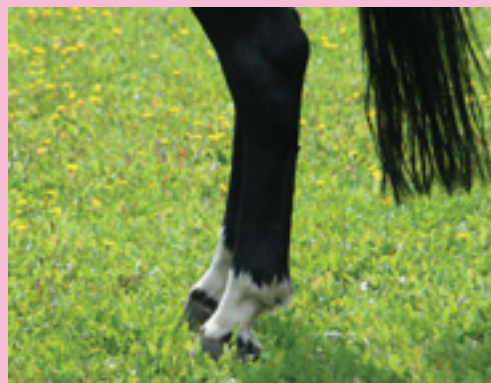
Do horses have socks?

You will generally see white points on a horse and they all have different terms such as:

LEGS: Coronet (small white line above hoof), Half Pastern (wide white marking above hoof), Sock (as it sounds), Stocking (like a long white sock from hoof to knee).



Coronet



Half pastern

Socks



Stockings





How do I know if my horse is happy?

You can tell if a horse is happy and relaxed when its ears are forward, a kind look in its eye, a relaxed low head when standing, not moving around and looking content (happy). If a horse shows the white of its eye, this indicates they are unhappy or annoyed and may be dangerous. The horse on the left is not a happy horse. Standing behind it is very dangerous!





Why do horses wear shoes?

A horse foot is called a hoof. In the sole of the hoof is a frog. This helps blood flow through the body and keep the foot healthy.

There are many different reasons why horses need shoes. If you don't have to shoe your horse, you can leave your horse barefoot. You will save yourself a lot of money.

But for high level competition, we generally need to give our horse more grip and foot shape. Getting them fit for some sports needs to be along roads or out in the bush where it can be rocky in some places. Having a stone bruise can stop your horse from being ridden for months.

Some properties are hilly and rocky so we support our horses' feet. Some horses have had shoes from a young age so their feet get sore without shoes.





Your dream horse

My Horse's Name: _____ Age: _____

Height (in hands): _____ Weight (kg): _____

Gender: _____ Breed: _____

Colour: _____





It is highly recommended to take the time to learn the basics of horse care, handling and riding preparation before stepping into the world of riding. But sometimes due to cost and time constraint this is not achievable for most without their own horse.

If there is one thing you take away from this book it should be to remember these words when starting out with horses...Please take care in your journey to learn safely with an “experienced coach” and “well trained” horse, to have a better chance of positive outcomes.





Your Author

Your author Debbie Burgermeister – with thanks to my Mum and Dad and two brothers for blessing me with an amazing horse life and these memories. With my husband and twins we also have a new family journey with horses to enjoy.



HOW TO RIDE A HORSE

GIDDY UP
BEGINNER BOOKS

HOW TO RIDE A HORSE

Riding Lessons for Beginners Workbook

Bonus development guide for parents

Debbie Burgermeister



By Debbie Burgermeister



Lesson Modules

LESSON 1

Introduction to Horse Safety 1

Introduction to Horse Riding Skills 1 3

- Mount and dismount
- Hold reins correctly (shorten and lengthen)
- Walk straight, turn and stop

LESSON 2

Introduction to Horse Riding Skills 2 7

- Walk circles / hand and leg aids
- Changing direction through figure of eight

LESSON 3

Introduction to Horse Handling 1 11

- Moving around the horse and brushing its body
- Leading your horse

Horse Riding skills – Practice and Perfection 13

- Figure of eight / The art of hand and leg aids balance
- Theory in trotting

LESSON 4

Introduction to Horse Riding Skills 3 17

- Learn to trot – basic

LESSON 5

Introduction to Horse Handling 2 **22**

- Put halter and bridle on
- Put saddle on and adjust girth from ground and saddle

Introduction to Horse Riding Skills 4 **24**

- The art of rise trot
- Learn about diagonals

LESSON 6

Introduction to Horse Riding Skills 5 **27**

- Turns and corners / Changing rein at walk and trot

Introduction to Horse Riding Skills 6

- Preparation for the canter

LESSON 7

Horse Riding Skills – Practice and Perfection **34**

- Introduction to Sit Trot and Canter

LESSON 8

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- Riding without Stirrups

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Lesson 1

Module – Introduction to Horse Safety

Horses frighten easily.

There are simple rules to avoid danger around horses:

- always WALK, never run
- avoid loud and sudden noises

Horses display anger or show they are scared when:

- their ears go back
- they show the white part of their eye



Never walk too close to horses' back legs as they are big animals and can injure you if they kick.

To avoid startling your horse, talk when approaching and always approach towards the shoulder, the safe zone.



Horses are great to be around, following your safety rules. They are beautiful creatures and will respond to your firm but kind approach.



Lesson 1 Review:

The safest area to approach a horse is the shoulder

The words to remember when riding are:

- Heels down
- Hands down
- When turning my horse I use my inside Hand and outside Leg
- Most of all I need to Relax

Some things to practice!

Standing on something at home for my leg stretch and heels down exercise.

0 0 0 (brick/plank)

Walking around at home with my hand and leg signals that I need to use when riding.

Now we have moved from the pretend horse to the real horse. We can now start to learn some more riding skills.





Lesson 2

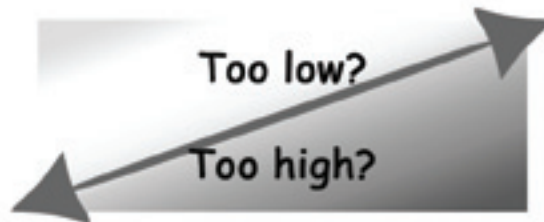
Module – Introduction to Horse Riding Skills 2

Focus on walking in a circle and changing direction through a figure of eight.

8

The importance of hand and leg aids is to give your horse guidance so they will want to do what you ask of them.

- Using the inside rein to steer the horse in the correct direction.
- Using your legs to turn is the most important part of riding to ensure you do not pull too much on the horse's delicate mouth.
- Gaining the balance between hands and legs is the “ART of riding”.



Trotting theory

- What do we need to know before this?
- Make sure your stirrups are the right length to ensure you can rise out of the saddle so you don't bounce around. (Stirrup base at the bottom of your ankle bone is a good tip and standing without your heels coming up.)
- Complete control of the horse before moving to this stage. How are we progressing?



Lesson 3 Review:

Practice turning and control of my horse with reins and legs.

Module – Practice Horse Handling

- Brushing my horse
- Leading my horse
- Watch a horse being saddled and bridled





End of lesson 4 – Time to Relax

What a great stepping stone in your riding. You have now learnt the basics of how to trot! Well done! Have a well earned rest.





Horse Pathway Development Guide

There is so much to know and learn, with an exciting journey through achievements. This guide is just a snapshot. The content and order in which you are taught can vary greatly when working with animals.

Experience the love, passion, energy and freedom of horses!





Foundation

Theory

Horse parts and saddlery

Safety tips

Horse Care and Handling

Horse sense

Confidence holding a horse

Leading

Riding Skills

Ground exercises

Mount and Dismount

Correct riding position – balance stand in stirrup

Emergency controls

Rein control at halt

Walk, stop, turn controls

Ready For Your First Horse?

GIDDY UP
BEGINNER BOOKS



An expert's guide to preparing you when looking for that beginner's horse & sale.



Essential cheat sheet summaries to the very basics in Horse Care, Riding and Owning a Horse

ARE YOU READY FOR YOUR FIRST HORSE?

Debbie Burgermeister



By Debbie Burgermeister







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Need to know basics

1. How to handle a horse

- The approach, behaviour signs, pack behaviour
- Catching with a halter in a paddock and stable
- Feed time
- Tying knots
- Leading
- Control and respect training
- Rugging

2. Grooming

- Brush types
- Hoof cleaning
- After work sponge or hose, scraper, towel dry, drying rug
- Clipping

3. Saddling

- Saddle types
- Saddle cloths
- Girth types

4. Bridles and bits

- Bridle types
- Bit types
- Putting on a horse

5. Riding and training skills

- Halt, Walk, Trot, Canter, Gallop
- English vs Western riding
- Learning stages and key tasks for safe management of a horse
- Riding environments experience in arena, open area, road, bush, creek
- Group riding in arena and trail
- Training for disciplines
- Behaviour management when frisky, lethargic, lunging, other techniques for raring, pigrooting, bucking, shying



Grooming kit essentials

1. Reasons for grooming a horse:

- To clean the horse, remove mud, sweat and old hair
- To notice any irregularities and injuries
- To stimulate blood flow to the skin for a healthier coat and muscle tone
- To improve overall appearance – healthy and shiny
- To bond with the horse

2. Basic necessities:

- Hoof pick
- Dandy brush – slightly harder for removing mud
- Curry comb – for removing mud and old hair and stimulates blood flow
- Body brush – slightly softer for all over to remove dust
- Sponges
- Mane comb
- Water brush
- Sweat scraper
- Small plastic bucket

3. Extras:

- Hoof oil and brush
- Bot knife
- Scissors
- Plait bands and tape
- Vaseline
- Hoof black-it for competitions



Ready for your first horse?

About your horse

Your horse and you – Things to know

Horse Name: _____

Father (Sire): _____

Mother (Dam): _____

Microchip: _____

Height: _____

Measured in hands (hh), each hand is 4 inches (10cm) and taken horizontal from the withers. E.g. 100cm(1m) = 10hh.

As a guide ponies are up to 14hh, Galloway is 14-15hh, Hack or Horse is over 15hh.

Weight: _____

Can be measured with a special measure tape. Ponies 200-360kg, Horses 350-600kg, Heavy Horse 550-800kg.



Ready for your first horse?

Buying a Horse

Tips before you go out and start looking that could save you thousands of hours and dollars and increase the chances of getting a safer horse.

Horse Classifieds Decoded

Some adverts ring true but others advertised as the 16hh schoolmaster end up a 15.2hh crazy horse who can only canter one way. Jargon and sneaky phrases that appear in horse ads are enough to confuse even the most experienced of horse owners. Here's a guide to help you along your journey, and it is certainly a journey to learn by experience in the world of buying horses...

Advert Words and Phrases

- Forward moving = Not for beginners.
- Great on the ground = Not so good for riding.
- Very pretty = But not so safe
- Can be pushy = Bad manners. Will knock you over and pull you like a steam train on the ground.
- Great trail riding horse = Not so good for anything else. Circles are not this horse's specialty.



A final note

It is highly recommended to take the time to learn the basics of horse care, handling and riding preparation before stepping into the world of riding but sometimes, due to cost and time constraint, this is not achievable for most without their own horse.

Please take care in your journey to learn safely with an experienced coach and well trained horse, to ensure positive outcomes.

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Ready for your first horse?

Author Certifications

Equestrian Australia coach / CertIII Sports Coaching Equestrian / CertIV Trainer and Assessor / Senior First Aid, Mental Health First Aid and Blue Card / CertIV in Small Business Management / Advanced Diploma of Customer Contact Management

Further Information and Contact Details

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Check out the Giddy Up Kids Programs run by Bonogin Valley Horse Retreat in Gold Coast Australia and be part of a Horse Lovers Community at *www.horseridinghub.com.au*.

