

# **EQUESTRIAN SPORT AND ITS TYPES**

Kogan Viktoriya

Gr.41-V

\*\*\*

*Equestrian - a concept which is understood sports involving horses.*

*When riding horseback rider is actively cooperating with the horse's movement. The horse with the rider weight is controlled by the movement, the movement of his legs, as well as the weakening of the tension or the reins. Rider's voice may also affect the movement of the horse, but not all types of equestrian sport is allowed. For equestrian include species such as dressage, show jumping and cross, eventing, polo, horse racing and trotting races, fancy riding and vaulting, as other popular kinds of sports.*

# DRESSAGE

*The highest riding school, is considered to be an Olympic sport. In the arena rider demonstrates his horse management skills, her movements and the performance level of its submission to the rider. Demonstrates piaffe, squat, stand right, smooth and rhythmic gait transitions from one to another, and the addition of a reduction of pace, pirouette, passage, half-pass sideways and others.*



Piaffe - trot on the spot.



Spanish step



Half-pass - lateral movement trot.

# SHOW JUMPING AND CROSS

*This competition to overcome obstacles in a certain order and a certain complexity and height of passing on the jumping field. The same applies to Olympic sports. The height of obstacles in the competition, depending on the level of the horse and rider, ranging from 60 to 200 cm. Sometimes above – a record for overcoming obstacles single – 247 cm (Huanozo). Cross – jumping on rough terrain, with it by using a reinforced gear and ammunition.*



Show jumping



Cross

# HORSE RACING AND TROTTING RACES

*Both kind of equestrian sport and is popular in the competition on speed. Their differences are in the gaits and rocks. The race used canter and English thoroughbred horses, as a rule (in the most frisky gallop by definition), and centrifugal and trot trotting breed is used for racing (Oryol, Russian trotters, etc.). Speed at the races can exceed 75 km / h.*



trotting races



horse racing

## FANCY RIDING AND VAULTING

*Both are in the presentation of tricks on a horse. Their difference is that vaulting - gymnastics stunts is one or more person on a horse, gaits that controls individual, standing in the center of volts, in which the horse moves. And during fancy riding rider controls the horse itself and the presentation is not a gymnastic, a Cossack, with a weapon, fire, etc.*



fancy riding



vaulting

# POLO

*Polo – a team sport with a ball, in which participants played on horseback and move the ball down the field with a special stick. The aim of the game is to hit the opponent's greatest number of times. Sport of kings is considered as polo proposed road ammunition and equipment.*



- *There are many other types of equestrian sports, but they are less popular.*
  - *Triathlon will include dressage, show jumping and cross.*
- *In Russia, the most popular kind of equestrian sports – show jumping.*

*End*