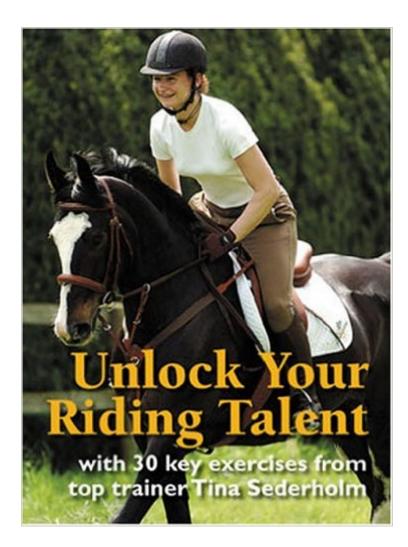
The book was found

# **Unlock Your Riding Talent**





## Synopsis

With a clear and down-to-earth approach from top trainer, Tina Sederholm, this book provides the building blocks that will enable you to reach your riding goals. Based on the systematic training approach used by her father Lars Sederholm uniting classical horsemanship with the demands of the competition world, Tina Sederholm introduces a series of exercises to help riders of all levels improve their skills. Set out in an easy to follow way, each exercise starts in its simplest form and progresses to more advanced versions making this book ideal for both novice and experienced riders alike. Packed full of stunning photographs, this book provides the theory and the practical exercises to achieve 'all-round horsemanship'.

### **Book Information**

Hardcover: 160 pages Publisher: David & Charles (April 1, 2005) Language: English ISBN-10: 0715319639 ASIN: B000C4SNX0 Product Dimensions: 10.5 x 7.9 x 0.8 inches Shipping Weight: 1.6 pounds Average Customer Review: 4.7 out of 5 stars Â See all reviews (3 customer reviews) Best Sellers Rank: #2,353,756 in Books (See Top 100 in Books) #123 in Books > Crafts, Hobbies & Home > Pets & Animal Care > Horses > Showing & Training #1789 in Books > Crafts, Hobbies & Home > Pets & Animal Care > Horses > Riding #1904 in Books > Sports & Outdoors > Individual Sports > Horses > Equestrian

#### **Customer Reviews**

I love this book. It makes sense on the page, and sense when I am riding. I've never had a lesson with Tina, but I tried out some of the exercises and they really work. It's as if she remembers what it's like to be an ordinary rider (though she's obviously not an ordinary rider and trainer herself!) and she has designed these exercises to suit the ordinary rider, and the more ambitious one, providing ways to train yourself for that. I also do a bit of teaching, and I tried out some of the simple stuff on my pupils and they loved it too! It's like I've got a never ending pot of ideas at my finger tips. This book will improve your riding no end.

It is a really great book but sometimes Tina gets a little sidetracked by how she uses the exercise

rather than explaining how to execute the exercise. With close reading it's possible to figure it all out though. I've incorporated a lot of her teachings into my training now. All in all, I'm glad I bought the book but I feel that unless you're a trainer there are more comprehensive exercise books out there.

Very helpful with some very specific tips to help you and your horse perform your best.

#### Download to continue reading...

Unlock Your Riding Talent My Horse Riding Makeover: 10 Simple Equestrian Lessons, Habits and Exercises you need to know to improve your horseback riding today Horseback Riding - 10 Simple Lessons That Will Transform Your Horse Riding and Training Equitation Tips- 20+ Exercises to Improve Your Riding Position: For Dressage, Hunter, Jumper and Horseback Riding in General (Equestrian Skill Builders Book 1) Riding: The Game of Polo (Riding series) The DNA Restart: A Unlock Your Personal Genetic Code to Eat for Your Genes, Lose Weight, and Reverse Aging Diary of a 6th Grade Ninja 5: Terror at the Talent Show (a hilarious adventure for children ages 9-12) Tom's Special Talent - Dyslexia (Moonbeam book award winner 2009) - Special Stories Series 2 NTSE - National Talent Serach Examination The Talent Code: Greatness Isn't Born. It's Grown. Here's How. The Talent Code: Greatness Isn't Born. It's Grown. Hollywood Dealmaking: Negotiating Talent Agreements for Film, TV and New Media The Myth of Poker Talent: why anyone can be a great poker player Keyboard Talent Hunt, Bk 1: Pre-Primer (Schaum Publications) The Burden of Female Talent: The Poet Li Qingzhao and Her History in China (Harvard-Yenching) Institute Monograph Series) Anne McCaffrey Series Reading Order: Series List - In Order: Dragonriders of Pern series, Acorna series, Catteni sequence, Brainships, The Talent series, ... (Listastik Series Reading Order Book 21) Bounce: The Myth of Talent and the Power of Practice Fire Stick: The Ultimate Guide With Instructions To Unlock The True Potential Of Your Fire Stick (Streaming Devices, Fire TV Stick User Guide, How To Use Fire Stick) Fire Stick: How To Unlock The True Potential Of Your Fire Stick - Plus Amazing Tips And Tricks! (Streaming Devices, Fire TV Stick User Guide, How To Use Fire Stick) The Dog Vinci Code: Unlock the Secrets to Training Your Dog

<u>Dmca</u>