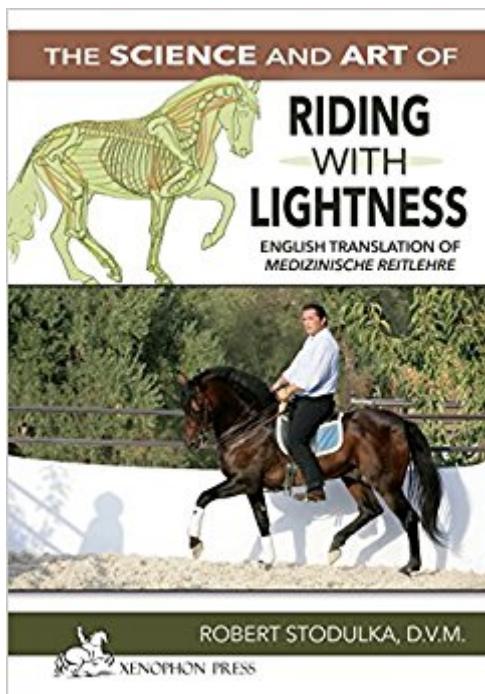


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The Science And Art Of Riding In Lightness: Understanding Training-induced Problems, Their Avoidance, And Remedies. English Translation Of Medizinische Reitlehre



Synopsis

A biomechanical problem-solving approach to training challenges. Every action of rider has an impact on the health and well-being of the horse either positive or negative, looseness or tension. But what are the causes? The Science and Art of Riding with Lightness reveals the interplay between the biomechanics of the horse and the dressage exercises in a coherent manner. It will become clear which training mistakes cause which problems in the horse's way of going and which training and the physical-therapeutic measures that can be taken to correct problems. With this knowledge, the vet can assess and treat problems in an appropriate manner and advise the rider more fittingly with regard to the training of the horse. Likewise, the dedicated rider can find valuable supportive suggestions and ideas in the training and correction of his horse, from Dr. Stodulka's unique gift of being both a master rider, and equine vet well verse in allopathic medicine and alternative therapies. With this knowledge, the veterinarian will be able to assess training-induced disorders and to recommend better and more successful therapies and advise the rider with a view to training optimization. Small errors often have huge consequences. Only the rider who knows what they are can rectify them. "I have read many teachings of riding. This health-giving route to riding is one of the best and easiest to understand for young and old, a professional or amateur. It should be compulsory reading for veterinarians and horse lovers. Both the horse and the rider should be in a position, physically and mentally, to understand what is demanded of them. Dr. Stodulka has understood this, and managed to immortalize his knowledge and experience in this book." - Arthur Kottas-Heldenberg

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