

# Rider Skills

## Beginner 1

### Riding

*"No one can teach riding so well as a horse."*  
CS Lewis

This level establishes the basic riding seat and familiarity with the tack, or riding equipment.

#### Training Journals Examples

##### Put on Saddle & Bridle

\*no content available on this topic yet

##### Riding on the Lunge Line

\*see other resources on this page for learning the basic riding seat

#### Short Courses or Q&As

ABCs of Riding

#### Videos from the Weekly Show

Does Changing Disciplines Change Your Riding?

What are Soft Eyes for Riding and How Your Eyes Affect Your Seat

#### Related Premium Courses



Balanced Riding Course

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