



# **Gymnastics: Systematic Training for Jumping Horses (Compass Equestrian Points for Riders)**

*James C. Wofford*

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U.S. Three-Day Event Team veteran James Wofford shares his secrets for training great jumpers. He assures riders that horses who are taught to jump using a gymnastic system soon become confident and efficient over fences. He carefully details how to train young horses using gymnastics—clearly illustrating how to set up each grid. He also provides a systematic sequence explaining which gymnastic to use when, depending on the horse's level of training and the rider's focus, whether it be cross country or show jumping. Exercises are given to help correct existing bad jumping habits in older horses such as refusals, run-outs, or improper striding. Whether you are just learning to jump or you are a seasoned expert, Wofford provides ample exercises for setting up your horse to succeed over fences.

JAMES WOFFORD is one the world's leading experts on gymnastic jumping. He was a member of the U.S. Equestrian Team for over twenty years, winning two Olympic Team Silver Medals and four National Championships. For the last two decades he has concentrated on training the cream of America's young event riders using the time-tested methods described in this new guidebook.

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