

Riding In The **Classical Way** On Your Beautiful Arabian Horse

WRITTEN BY JEAN PAUL GUERLAIN



In the past, in addition to his role as master perfumer for the House of Guerlain, Jean Paul Guerlain also accumulated World Championships in Dressage and Carriage Driving.

Guerlain is a French perfume house, amongst the oldest in the world. The House of Guerlain was founded in 1828, when Pierre-Francois Pascal Guerlain opened his perfume store in Paris. Jean Paul Guerlain is fourth generation Geurlain and the last family master perfumer. Jean Paul continues to travel the globe to develop new fragrances.

Classical riding works because it has stood the test of time. It works without fear or force and most definitely without gadgets. It is working with, never against, the horse. It is opening the lines of communication between horse and rider; listening to the horse, being aware of how every move you make means something to the horse and being able to ask yourself, "What did I do that made the horse respond in that manner?" When you do not get the response you were looking for, there is nothing about making him do it, the responsibility lies with you, the rider, to make things comfortable for the horse.

The results are achieved through cooperation not coercion. Classical Riding is foremost concerned with the acquisition of a classical seat; this is a balanced, deep and feeling seat. In this context "seat" includes the seat bones, pubic arch, thighs, lower back and very importantly—the abdominal muscles. Classical riders develop wonderfully light responsive horses because they ride from their center. The horse is ridden from the seat first,

then the legs and into the hand. The hands receive what the legs put into them.

The emphasis is placed on you the rider to learn about your own body and how even slight variations in the way you hold yourself affect the way the horse moves beneath you. How can you expect self-carriage of the horse when you are not in self-carriage yourself?

When you think of Classical Riding, you think of the Spanish Riding School in Vienna, Austria or cadre Noir in Saumur, France. In fact, Classical Riding is correct riding. It is horsemanship, not just knowing how to ride. It includes all around knowledge of the horse as a species; its psychology and physiology.

Now you must find a good classical instructor who will understand the sensitivity and intelligence of the Arabian horse. The basics of a well-ridden and



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trained horse are the same for the Arabian horse as for other horse breeds. Sadly, many times you see the Arabian horse being treated/ridden like another species.

The Arabian horse loves to be ridden (ridden correctly), to have a job to do to express themselves and to burn some energy.

Just a few basics....no matter what discipline you enjoy with your Arabian horse, you must make sure that he is ridden round, with the hindquarters underneath so the back is round not concave. Otherwise, you could run into some back problems with your horse.

Let me give you a few names of classical riders who have written some wonderful books: *Alois Podhajsky*, who became the Director of the Spanish Riding School in 1939; *Nuno Olivera*, an outstanding Portuguese Dressage Rider; *Egon Von Neindoff*, author of *"The Art of Classical Horsemanship"*.

Also, reminding you all of the big responsibility you have in your life of owning an Arabian horse. Be sensitive, loving, humble, understanding, patient and show empathy and humility.

They will become your best friend. "Sometime, ask yourself the question, Do you deserve a beautiful Arabian horse in your life?" And please, if you must sell your Arabian horse, see that your loyal friend is going to a good loving home.

WISHING YOU ALL A
WONDERFUL
AUTUMN SEASON!

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