

Getting the most out of your Riding lesson

To answer a question I get ask often. "How do I get the most from my riding lesson?" Your lesson is a large part of your total learning (Riding) experience. You are paying for qualified instruction, so you should receive a lesson full of productive and useful information. (Expect recurring information) At the end of the lesson, request homework. (If you haven't already received it.) Two or three important things/exercises you should work on? Why?

Get the most benefit from your riding lessons. Do as the instructor says, respond as quickly as possible and last but not least, pay attention. Ask questions during the lesson, if you don't understand you will never be able to do what the instructor is asking.

If during the other 6 days of the week you experience difficulties (with your homework), ask your trainer for help. Maybe all you need is a little review on your aids or your expectations. You definitely need to make sure you understand the exercise you are working on and how to execute it.

"Practice makes perfect, only if you practice perfect". Alois Podhajsky

Video tape your lesson every couple of months, then review and compare. Be realistic, if you are not riding, don't expect big results. Be on time. Lessons are expensive, so don't waste your time or money by not being warm up early and ready to go. If you show up late, be prepared to have a shorter lesson.

Ask for visual help, diagrams, and books to read or even a demonstration from your instructor. Talk with your instructor about your goals and a plan to meet them.

"The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires."

William Arthur Ward

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