

Why does the American Academy of Equestrian Sciences use Side Reins with Beginning Riders?

(WARNING!!! – USE OF SIDE REINS on a horse who has not been properly trained or by a trainer who has not been properly educated in the use of side reins can be extremely dangerous for both the horse and rider)

If side reins can be so dangerous, then why does the American Academy Use them with beginning riders? The most successful riding schools in the world use side reins to properly train new riders who wish to excel in this most satisfying sport. Why? Because without side reins the horse will not have the proper gait with a new rider which does not give the rider the feeling of a correctly moving horse.

The beginner rider, during the time period of learning how to sit on a bouncing horse's back, is unable to provide correct aids to his/her horse. Therefore, for correct training and development of both the horse and the rider, it is imperative to provide an aid so the horse can stay stable through the rider's learning period. This is the reason why most credible riding schools in Germany use side reins for the horses that carry beginner riders.

Side reins serve as an artificial point of stability for the horse who, because of his double spring mechanism, uses this stability to re-balance his/her body, thus creating vertical alignment through all main joints.

As soon as a rider understands the importance of spinal vertical alignment in connection with a balanced hoof and how to influence the horse through correct position and timing, side reins are no longer necessary.

Marina Genn or one of our senior instructors would be more than happy to show and tell you more about the importance of spinal vertical alignment in connection with a balanced hoof and how learning to influence your horse through correct position and timing will make you a more accomplished rider.

To assure vertical alignment, soundness and overall health for our well trained school horses, our skilled and knowledgeable trainers ride our school horses every morning to assure the correct re alignment before they are used for lessons. The oldest horse we have just turned 29 and is still sound. So is the 20 year old retired international champion who is available to ride in our riding school at the AAES in the discipline of jumping - clearing 7' in his younger days; and so are all the other horses in our barn.

Please contact the American Academy of Equestrian Sciences at 703-779-8082 or e-mail if you have any more questions, and please accept my invitation to our monthly theory class and discussion, where students learn about the biomechanics of motion and how the rider influences his horse's performance, the difference between correct and incorrect gaits, and many more very important topics.

Thank you very much for giving us the opportunity to help you understand the use of firmly attached side reins.