



# Complete Idiot's Guide to Horseback Riding

By Jessica Jahiel

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## Complete Idiot's Guide to Horseback Riding By Jessica Jahiel

CIG to Horseback Riding covers everything young and beginning riders need to know, from basic riding skills for English and Western styles, jumping, dressage, riding for fitness to long-distance and trail riding, fox hunting, and upgrading your horse, instruction, and competitions.

- Finding the right stable
- Learning to trot, canter, and gallop
- Jumping a course
- Riding clothes and equipment
- Showing horses
- Upgrading horses, instructors, and competitions
- Further reading and online resources

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