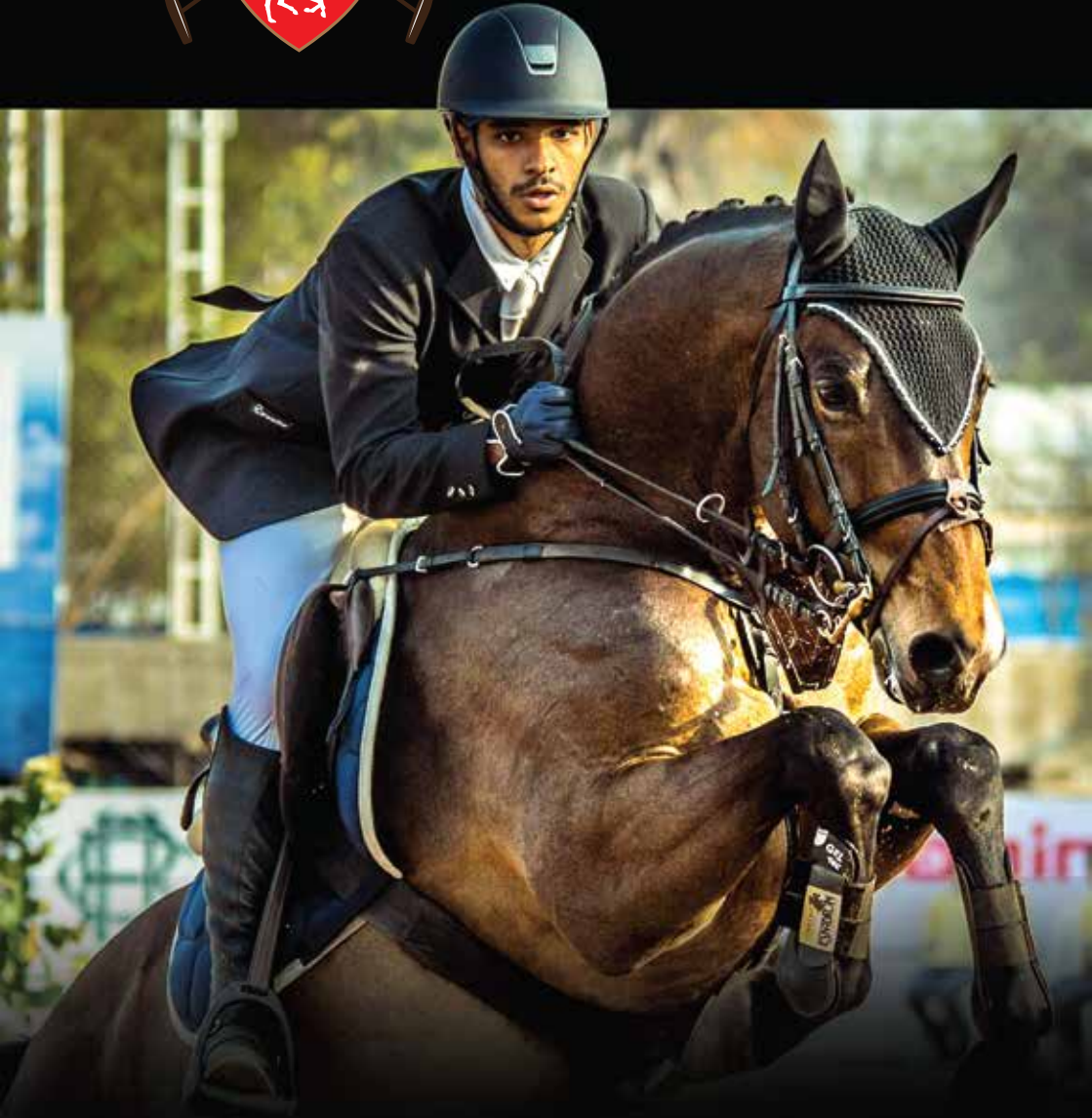




# HYDERABAD POLO AND RIDING CLUB



**LEARN HORSE RIDING @ HPRC**

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# THE HORSES PRAYER

Feed me, water and care for me...  
and when the days work is done, provide me with shelter, a clean dry bed and  
a stall wide enough for me to lie down in comfort...

Always be kind to me...  
Talk to me...  
Your voice often means as much to me as the reins...  
Pet me sometimes...  
that I may serve you the more gladly and learn to love you...

Do not jerk the reins, and do not whip me when going uphill...  
Never strike, beat or kick me when I do not understand what you want...  
but give me a chance to understand you...

Watch me...  
and if I fail to do your bidding, see if something is wrong with my harness or feet...

I cannot tell you when I am thirsty so give me clean, cool water often...  
I cannot tell you in words when I am sick...  
so watch me, that by signs you may know my condition...

Give me all possible shelter from the hot sun...  
and put a blanket on me, not when I am working, but when standing in the cold...  
Never put a frosty bit in my mouth; first warm it by holding it a moment in your hands...

I try to carry you and your burdens without a murmur...  
and wait patiently for you long hours of the day or night...  
Without the power to choose my shoes or path, I sometimes fall on the hard pavements which I have  
often prayed might be of such a nature as to give me a safe and sure footing...

Remember that I must be ready at any moment to lose my life in your service...

And finally, O Master!!!  
when my useful strength is gone, do not turn me out to starve or freeze...  
or sell me to some cruel owner to be slowly tortured or starved to death...  
but do thou, my Master, take my life in the kindest way...  
And your God will reward you here and hereafter...  
You will not consider me irreverent if I ask this in the name of HIM, who was born in a stable!!!

Amen!

# ABOUT HPRC



Hyderabad Polo & Riding Club (HPRC) has been established in the year 2005 with a motto to promote Polo and other equestrian activities from the happening city of Hyderabad. During its journey of the first decade HPRC has won laurels by winning several tournaments across the country; Royal Western Mumbai and the Indian Open championship to name a few. Besides participating in Polo Tournaments outside our state, HPRC also conducts the National Polo Season in Hyderabad year after year, in which teams from all over the country take part.

Besides Polo, HPRC started conducting / promoting Equestrian activities like Show Jumping, Dressage & Hacks in different categories From the year 2014, Situated two and half kilometers away from Exit # 18 of the ORR in the calmness of Aziz Nagar, Hyderabad Polo and Riding Club is an exclusive club which is spread across 12 acres.

HPRC is equipped with quality stables, a flood lit riding arena, well-maintained flood lit arena polo field with 90 well mannered and quality horses for hacks, polo and show-jumping. Members and patrons can immerse themselves in riding, polo, show jumping classes, and competitive polo or just relax on a breathtaking cross country ride on horseback along the trails on the banks of the Himayat Sagar.

# PARTNERSHIP WITH TELANGANA STATE EQUESTRIAN ASSOCIATION

HPRC is proud to be part of Hyderabad's equestrian glory and heritage that began from the time of the Nizams. HPRC strives to build a community of elite and regal horse riders and polo enthusiasts.

The club partners with the Telangana State Equestrian Association (TSEA), in our mission to spread the spirit of equestrianism and to promote the young riders of the state of Telangana. Our association with TSEA aims to identify talent and make them eligible enough to compete in the equestrian events like Show Jumping, Dressage, Tent Pegging in the National / International level competitions conducted by the Equestrian Federation of India (EFI), New Delhi. In February, 2016, HPRC has successfully conducted the NATIONAL EQUESTRIAN COMPETITION 2016 in association with TSEA.







# RIDING COACHING CAMP @ HPRC

## Schedule for Horse Riding Curriculum

1st Week	I N T R O D U C T I O N	<p><b>TO THE HORSE:</b> The rider gets to know about the basic riding skills, viz.,:</p> <ul style="list-style-type: none"> <li>- Approaching and handling a horse, walking the horse, mount, dismount</li> <li>- Riding posture, correct seat (holding reins - rein contact) and leg position (correct length of stirrups &amp; wearing the stirrups)</li> <li>- Gripping the horse with legs</li> <li>- Walk the horse with the help (walk, halt, walk)</li> <li>- Walking the horse to the stable - Tack, Grooming &amp; Feeding</li> </ul>
2nd Week	R E V I S I O N	<p><b>AND ACHIEVING PERFECTION ON THE PREVIOUS WEEK'S SESSION:</b></p> <ul style="list-style-type: none"> <li>- Balancing, aids to direct a horse to walk-halt-walk (use of leg &amp; hands aid)</li> <li>- Ride straight in circles and turning right and left (use of hand &amp; leg)</li> <li>- Introduction to trot on Side Reins (individually, if the rider is capable of)</li> </ul>
3rd Week	R E V I S I O N	<p><b>AND ACHIEVING PERFECTION ON THE PREVIOUS WEEK'S SESSION:</b></p> <ul style="list-style-type: none"> <li>- Trotting independently without side-reins</li> <li>- Controlling the pace of the horse in walk and trot</li> <li>- Introduction to rising trot</li> </ul>
4th Week	R E V I S I O N	<p><b>AND ACHIEVING PERFECTION ON THE PREVIOUS WEEK'S SESSION:</b></p> <ul style="list-style-type: none"> <li>- Independent Trotting to gain balance, confidence control of the horse</li> <li>- Mastery in use of reins and legs to move the horse forward, halt</li> <li>- Ride straight and in circles independently</li> <li>- Teaching aids to next pace (canter based on individual performance)</li> <li>- Independent Canter depending on the rider's ability and progress in acquiring the skills.</li> </ul>
Certification		<p>A fee of Rs.1,000/- to be paid to undergo a test for Certification. Certificate will be awarded based on proficiency in basic riding skills.</p>

Note: The progress from pace to pace, i.e., walk to trot, trot to canter will depend on the individual (rider's skill acquiring capabilities)



## SOME DO'S AND DON'TS OF TRAIL RIDING

**DON'T** ride up too close behind another rider. Your horse may step on the lead horse and pull his shoe off or injure him, and you or your horse could be kicked.

**DO** maintain a safe distance between your horse and the one ahead.

**DON'T** be a dead weight on your horse's back. **DO** change position occasionally. (Some riders will stand up briefly to give their horse some relief).

If your horse has a tendency to be cranky and/or a kicker, **DON'T** ride him so close to the group that others are in danger.

**DO** tie a red ribbon in his tail as a warning. Remember that a kicker is an undesirable choice for trail use, and you will be responsible for any problems he causes.

**DO** mount and dismount on the uphill side. It is wise to practice mounting and dismounting from either side at home before a cross-country ride.

**DON'T** pass the Trail Boss (the leader of the ride). It is a matter of good trail manners; besides, though you may think you know where the ride is going, you may not. It is annoying to have to call riders back when they have taken a wrong turn in the trail.

**DO** stay behind the Trail Boss unless he or she has indicated otherwise.

**DON'T** pass other riders at a gallop. You may upset many horses as you speed by. It is especially unnerving to those riding young or green horses that could become extremely excited. You could cause a serious accident.

**DON'T** sit to one side in the saddle. You will be gouging your horse in the back.

**DO** sit up straight with your weight evenly distributed.

**DON'T** leave litter or garbage in the riding area. **DO** carry out with you what you carry in.

**DON'T** lag behind the other riders. Most rides have a drag or safety rider. If your slow pace holds him back to the point he/she loses sight of the riders ahead, and if the area is so frequently used that tracking is difficult, you could be the cause of the group becoming separated.

**DO** be as considerate of your horse as you are of yourself.

**DON'T** be a chronic complainer. All the comforts of home will not be available on the trail.



## HORSEBACK RIDING RULES

Every rider, instructor and trainer has their own opinions and methods about horseback riding rules. However, there are a few rules that all instructors would consider universal.

### DRESS APPROPRIATELY

Depending on what discipline you choose, it is important that you dress appropriately when riding. This doesn't mean that if you choose to ride western that you need to wear chaps and a cowboy hat, but it does mean that you should wear the appropriate boots and close-fitting jeans and shirt. The same is true for riding English. You don't always need to be in breeches, but you should at least wear jeans and boots that won't hinder you while riding. The main reason for dressing appropriately is for safety. Flowing shirts that are either too big or not tucked in can

become caught on tree branches, saddle horns, arena rails or fences. The last thing you want is to be sitting on a horse and also caught on a fence. It won't be a comfortable position.

Boots aren't just to make you look good. Boots are critical for foot protection. They protect your toes in case the horse accidentally steps on you. They also ensure that your feet stay properly positioned in the stirrups. Never ride in shoes with no heel. (A critical horseback riding rule)

### KEEP YOUR HANDS LIGHT

When riding, it's crucial that you keep your hands light. One of the biggest mistakes that new riders do is to keep their reins tight at all times so that their horse's mouth is gaping open. Riders that do this are said to have heavy hands and are using their reins to balance rather than sitting deep in their seat and using their lower body for balance.

You should never use your hands and the horse's mouth for balance. This is a critical horseback riding rule. Violation of this rule will cause your horse to equate you with pain. It may also damage the sensitive tissues of the horses mouth.

### KEEP YOUR HEELS DOWN AND YOUR SHOULDERS BACK

When new riders are in an arena during a horse riding lesson, instructors often remind "Keep your heels down and shoulders back!" Keeping your heels down allows you to balance with your lower body rather than with your hands. Keeping your shoulders back, ensures that you have the proper posture to balance and ride in sync with the horse. Keeping your shoulders back also ensures that you are able to hold your head up and watch where you are going, instead of staring at your horse's ears.

### NEVER DROP YOUR REINS

Your reins are your direct line of communication. It is permissible to keep the reins loose to allow your horse to stretch his neck after a long ride or horseback riding lesson, but you should always have your hands on the reins.



WORKING TROT



MEDIUM TROT



EXTENDED TROT



WHOA DAMMIT



# ESSENTIAL HORSE RIDING GEAR

Horse riding gear! There is so much of it available! There is a quote that says “horses are like potato chips, you can’t have just one.” If riders can’t just have one horse think of all the possibilities for gear! What a horse and rider need is all inclusive and can be done with style from head to toe. You should have the minimum attire of Jeans & Boots that have a heel.



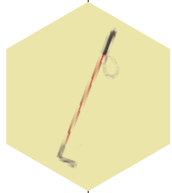
## HELMET



First, a specially made and approved horseback riding helmet should be on every riders’ head when mounted for safety. There is no reason not to have this essential piece of horse riding gear as they come in many lightweight and affordable options to fit every type of rider.

Horse riding for beginners also should include a certified helmet that is made for riding horses. Skill level should NOT be a factor when deciding to wear a helmet.

## WHIP



Horse whips or riding whips are artificial aids used by equestrians while riding, driving, or handling horses from the ground. There are many different kinds, but all feature a handle, a long, semi-flexible shaft, and either a popper or lash at the end, depending on use. Riding whips rarely exceed 48" from handle to popper, horse whips used for ground training.

## BREECHES (RIDING PANTS)



Breeches fit snug on your body. They tend to be made from cotton or other materials combined with some spandex to help them fit. These Breeches keep you from sliding around on a smooth leather saddle. Traditionally they are worn at the natural waist and are fitted at the bottom (so field or tall boots can fit over them).

No shorts or Capri's should be worn because the skin on your legs will get rubbed raw by the saddle as the horse moves.

## T-SHIRT



From western T-shirts to the traditional english T-shirt there are options galore in this category. Many schooling T-shirts and even some newer show T-shirts are now made from wicking, breathable performance fabrics. There is no reason to roast in the summer and freeze in the winter.

## CHAPS



Chaps are a great addition to your horse riding gear. They can give you more grip in the saddle as well as keeping your legs dry from the sweat of your horse or the outside elements. Getting a pair that has the proper fit needs to be at the top of your list with this bit of horse riding gear.

Half chaps are an English version commonly used for schooling or lessons. They connect under your shoe and zip or snap up and end at the knee.

## BOOTS



Do you love cowboy boots? Or are you more of a paddock boot person? Many times the style you ride dictates what the appropriate 'horseback riding boots' are! Western riders typically wear cowboy boots, and english riders tend to like paddock (shorter) boots for schooling or field (taller) boots mainly used for showing.

There are even lightweight boots that look like sneakers or hiking boots made for the endurance rider or those who don't like the traditional choices.

Do not wear open toed shoes. You most definitely don't want a hoof with a metal shoe on it that transmits several hundreds of pounds of pressure on your bare foot. Ouch!

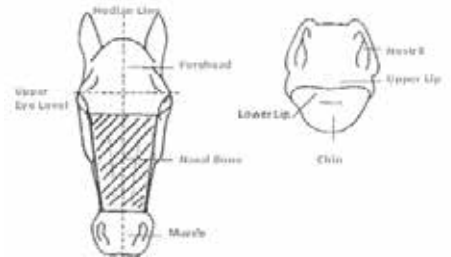
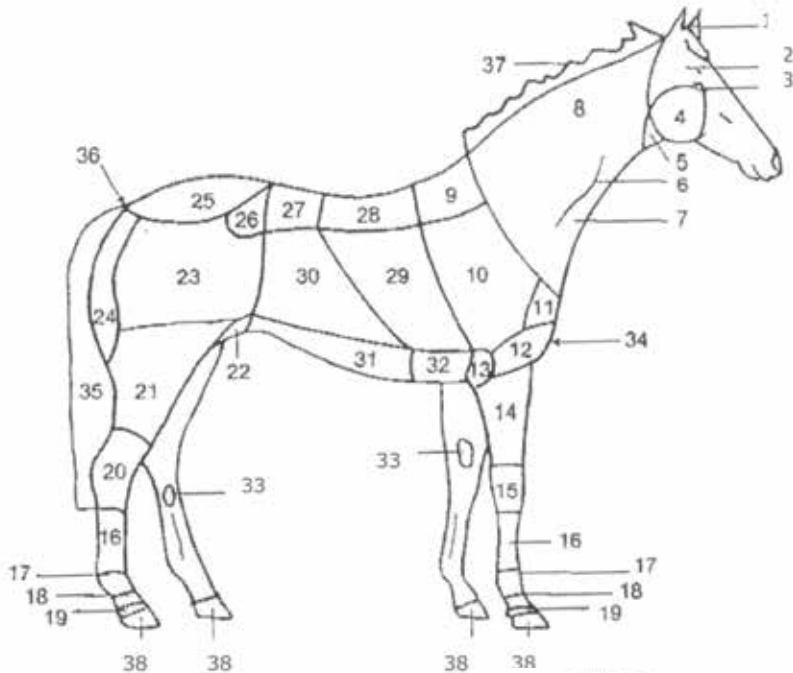
You are best to have something with at least a 1" heel and good traction on it to help keep your foot from sliding around in the stirrup. They will protect your toes on the ground.

## GLOVES



Horse riding gloves can be used for show or schooling and help with grip on the reins.

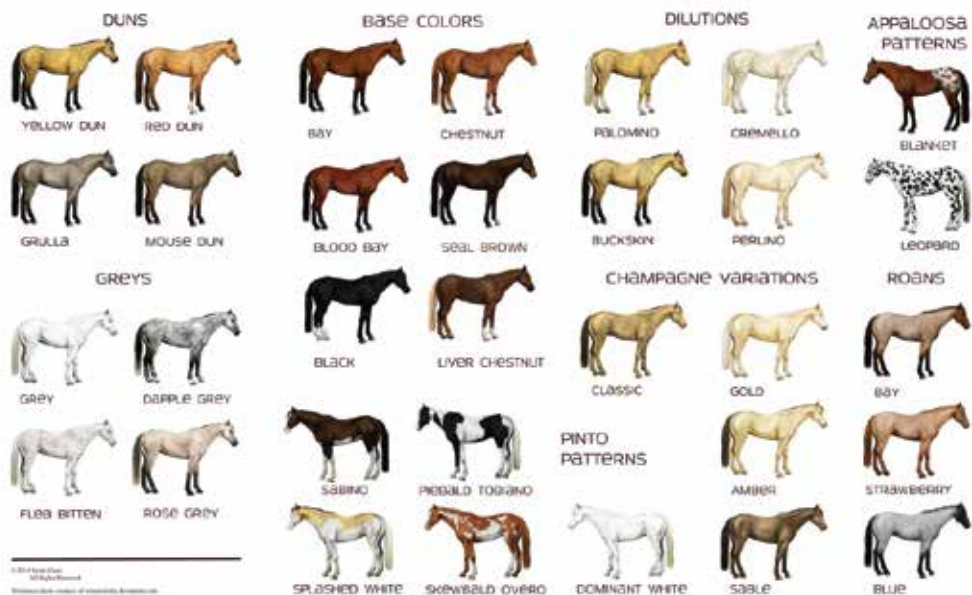
# PARTS OF A HORSE



## Surface anatomy

- |                                    |                  |                         |
|------------------------------------|------------------|-------------------------|
| 1. Poll                            | 12. Arm          | 26. Angle of Llium      |
| 2. Supraorbital Fossa              | 13. Elbow        | 27. Loins               |
| 3. Eye                             | 14. Forearm      | 28. Back                |
| 4. Cheek                           | 15. Knee         | 29. Chest               |
| 5. Throat                          | 16. Cannon       | 30. Flank               |
| 6. Jugular furrow (Jugular groove) | 17. Fetlock      | 31. Belly               |
| 7. Windpipe (Trachea)              | 18. Pastern      | 32. Girth               |
| 8. Neck                            | 19. Coronet      | 33. Chestnut            |
| 9. Withers                         | 20. Hock         | 34. Breast              |
| 10. Shoulder                       | 21. Gaskin       | 35. Tail                |
| 11. Point of shoulder              | 22. Stifle       | 36. Dock (Root of tail) |
|                                    | 23. Quarters     | 37. Mane/Crest          |
|                                    | 24. Buttock      | 38. Hoof                |
|                                    | 25. Croup (Rump) |                         |

## A HORSE OF A DIFFERENT COLOR

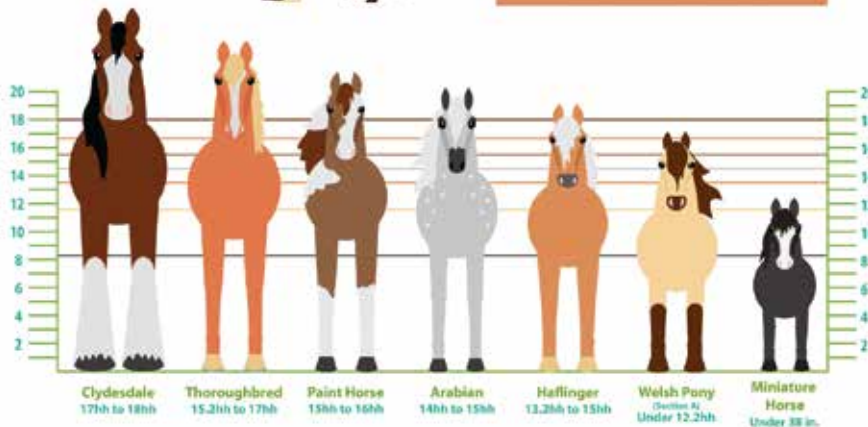


## Breed Height

A horse is measured from the top of its **withers** not from the top of its head.



graphic © emily f. johnson





# TIPS TO KEEP YOU SECURE IN THE SADDLE

## *Riding is a lot more about balance on the move than gripping with your legs*

Try to sit squarely in the saddle, moving your body with your horse. The tenser you are, the more you will bounce. Stay in tune with how he is moving. It will be less likely that you will be to be thrown off balance.

For beginners we tend to tell them to sit near their back pockets but without slouching the upper body.

Having your weight set further back will help keep you secure if the horse stops suddenly. Think of driving in a car without a seat belt. If the driver suddenly hits the brakes you'll go flying forward.

Same thing on a horse except you won't have the seat belt to keep you in the saddle! The same is true if you are sitting too far back on the horse, if he heads off quickly you'll be left behind.

## *Always look where you are going*

Horses are very intuitive. They feel the slightest movements and are also great at reading our intentions. So look up and where you want to go and it will help you guide your horse there along with your leg and rein aids.

## *The ball of your foot (the widest part behind your toes) should be where your foot sits on the stirrup*

You don't want to have your feet in any further than that or you risk getting hung up in case of a fall. Point your toes to the sky while riding.



### ***Hold your reins evenly and don't have too much slack in them***

How you hold the reins will vary whether you are riding English or Western. Western Riders hold their reins in one hand and don't have contact with the horses' mouth because there is a small bit of slack or loop.

Western beginners tend to hold the reins too long making it difficult to make a correction with them if needed.

English riders hold the reins in two hands and with more contact or feel on the reins. Beginner English riders can tend to use the reins to keep their own balance by hanging on them.

This ends up hurting the horses' mouth as your hands bounce all over the place with the weight of your body too. If you are riding English, you will need to do your best to keep your body balanced with your hands level and still.

### ***Don't forget to breathe while you are riding!***

Beginners have a tendency to hold their breath especially as the horse moves up in speed and gait. This can give you a side ache, back ache and transmit emotional tension to your horse.



# ON THE GROUND

***You'll always greet your horse on the ground first, so knowing appropriate ground handling skills is essential for your safety.***

Since horses are so big and sometimes can be unpredictable, you'll want to know the following:

## ***Do as Horses Do***

When introduced to your horse offer the back of your hand to him to smell. That is called a "horseman's handshake" and it is how horses greet each other.

***It seems like a small thing but in the horse world it is a proper introduction.***

You can compare this to visiting another country. You may be accustomed to a handshake, but another culture may greet each other in a different manner.

Many instructors don't teach this simple technique, but it will gain you points with the horse.

Most horses are very nice and like people but it is best to know how to stay safe. The horse you are going to ride is probably used to beginners too, that generally makes him more forgiving of your mistakes.





## IMPORTANT NAMES & NUMBERS

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