## EquiKinder

## Rider's Training Scale

## A Framework for Developing Seat, Communication & Feel

## Communication Feel (Coordinated) Aids Give soft, clear signals your horse can understand. Seat **Movement** Move with the horse, not against them. Relaxation Stay calm and soft so your horse can relax too. **Balance** Build a strong, stable seat that keeps you safe and centered. **Connection / Horsemanship**

Learn to understand and trust the

horse before getting on.

Created with love by **EquiKinder** – Safely Guiding Young Riders Every Step of the Way.