Abstract
Humans used the horse for a very long time. Since the horse run in battles to nowadays almost all aspects of riding change. Twelve trainers and 20 experimented riders were questioned on their methods of training. Even they are not in the same team and they have different ages most of the results obtained were much closed.

Keywords: rider, sport horse, trainer.

1. Introduction
For more than 3000 years ago humans used horses for travels, battles and transport. Already before 900 BC soldiers used horses in wars. Xenofon wrote the first document about the art of riding in antiquity. Since the horses were used for the army, the instructions followed in riding were written mainly for the military riders. Around the middle of the last century the number of horses rapidly decreased, and in our time most of horses are used in Romania for the agricultural works. In the same time another part of them are used for pleasure and for sport. More and more people want to learn the art of riding or to have their own horse. Normally, the teaching methods of riding changed over the last fifty years [1]. Experienced riders use a mixture of techniques [2], what is usually called feeling. But is a very long time from the first mount on the horse to learn this feeling. So many riders try to hard, so the mistakes come out very often [3,4]. The aim of this study is to find out some basic principles of correct and safety riding, which are necessary in the three elements of the group: horse-rider-trainer.

2. Materials and methods
Twelve trainers were asked to respond to 6 points in a questionnaire. Two of them are national team trainers, and the other ten competed in show jumping on high levels. Also 20 riders with a minimum of 10 years show participation experience in this field were questioned about these.
The questionnaire contains the following questions:
1. How much is important is the quality of the sport horse?
2. Is the quality of the rider the most important in her/his future results?
3. Can the trainer identify the feeling of the rider and also if he find methods for improving it?
4. What’s the influence of understanding the horse for a good cooperation in the couple?
5. Has the trainer a method to make the rider understand better the art of riding?
6. Does the trainer use different methods of teaching for different riders for a better improving?
7. What are the steps from the beginning of the riding lessons to a good quality rider, who can work by his own?
3. Results and discussion

The quality of the horse
There is no shortcut to quality. Two things make a sport horse great potential: the quality of breeding and the quality of training. If you seek the national/ international success, you need both a quality horse and quality training. But if you, like most people, run on an average budget and your horse is of average (or even below) quality, you do not need to expect that you cannot make a very good performer out of him. Quality training applies to all horses, regardless of type, age, breed, or background. And contrary to what you might think, quality training does not mean hiring an expensive trainer; it is something you can attain simply by following the Training Scale. If a horse had the bloodlines, conformation, temperament, talent, and all the things that are usually typical of horses trainable to that level. All trainers and riders said, “A good horse is made.” Of course, you may have had the best-bred horse in the world, but without good training, it is nothing. Bad training can make the best horse look gorgeous; good training can make the average horse a star. The question is what is good training? All quality “horse people” tell us, that good training is that which is built block by block onto a strong, solid base, in time.

Looking for the "feeling"
The results of the study show that each trainer has his own way to identify the talent of the riders, and the horses either. Of course, they have their own methods for trying to improve this to the students. A great problem may appear here, because the trainer must find out "the feeling" when some persons hesitates because he/she feels inferior and others are busy making mistakes and trying to became superior. In the same time, the situation with the horse athlete is similarly. Some horses demonstrated their potential in a few months, but others only after years of training.

Hoping for the best results
All trainers agreed "the feeling "is more difficult to train than the technique, and most of trainers started with the technique hoping that the rider will develop "the feeling" later. Of course, the ambition can be the most important element here. Some riders and horses are born with talent, but they never reach the top, almost from the same reason: they don’t work very hard or they don’t meet the adequate rider or/and trainer. To be a top couple is necessary a native talent, but with hard work and good training methods students (horses and riders) may improve "the feeling".

Understanding the horse
Every trainer talked about the importance of a good position and control over the horse and its movements. Here the most important things are the communication and the confidence between the trainer and the rider in one hand, and the horse and the rider in the other hand. Some trainers and experimented riders point out that the rider should try to understand the mind of the horse, but the problem here is that children or people have not proper knowledge about the horses. For this reason they need to learn first about the behaviour of the horse. One of the trainers insists on the lessons with changing the horses every day. This aspect gives to the beginners the opportunity to feel the react of different horses in different occasions. Not the same is available in the green horses, where the rider is better to be the same (an experienced one) for a period.

For a better understanding of the art of riding
Of course there are different methods to make the riders understand and obtained very good results in this complicate sport. Some trainers said they point out what the rider does right or wrong, while others have another opinion. They said its normal to do this in the beginning, but as soon as the rider has learned the basics, they leave more and more of the decisions to the rider to encourage him to analyze the results before the trainer comment his points of view. This will help the rider to understand better what the best to do in some moments is. Other trainer said he often rides the horses, and when the students ride the horse immediately after, it will be easier for the student to find the right way. The questioned riders preferred to understand which parts of the riding they have to improve. Since riding is an individual sport, the competition rider will be alone with the horse, it is necessary to achieve a balanced confidence in the couple. In this idea they noticed that the rider (or the horse) is able to learn just a few things in a short time, so the trainer has to leave the rider for some time, and then come back to see the results. They think this will make the results better.
Different methods for different horses and riders

Horses differ in ability, behaviour, strength, and performance events vary enough in duration and intensity to require specialized training programs. Regardless of the rider or the horse, there are several important concepts that should be employed to develop a well trained couple. Every horse/rider is different and needs individual training to improve, because they have a different dose of “feeling” and different personalities. All trainers noticed that students have different ways of learning. Everybody accepted that it’s impossible for two riders to ride exactly in the same way the same horse, due to their personality and mentality. A good method in a heterogeneous group is when the trainer or his assistance rides the exercise to give an image of what they must to do. Of course, immediately after this the trainer looks carefully to the riders. In the same idea some riders are using mirrors to see their own image, or the video taping system. After the show all phases with right or wrong aspects are discussed in the group.

Major steps in riding

Even the trainers had different ages and the riders formed a very heterogeneous group, they concluded with more or less comments there are four major steps in the relation horse-rider, under the trainer support. If we look at this considering a triangle, the schema will look like follows.

1. In the beginning the trainer is the mentor who teaches the horse and/or the rider, and takes the responsibility for the progress of both. At this moment all of the information flows from the trainer to the horse and the rider. Must be noticed no one of the participants is more important than others.

2. The relationship changes as the time progresses. With the trainer’s help the horse will learn what is expected of him, and the rider will learn more techniques in the same time with the sense of "feeling". At this point there is three-way information and the triangle relation is equal in two senses.

3. In the third phase there is an interaction between trainer, horse and rider, which is developed on equal basis all around. Sometimes the horse body language gives messages to the trainer, which the trainer then transfers to the rider, to improve the riders "feeling”. Other times the rider’s body language gives message to the trainer or the horse, which need solutions. In the same time more and more knowledge is transferred from the trainer to the horse and rider, but also the horse and rider teach each other a lot of things creating a deeper understanding. With time and infinite practice, the combination will develop, and it will be possible to win.

4. When the combination is almost perfect the role of the trainer changed into a supervisor on the ground. The triangle has turned with the couple horse-rider on the top, with the trainer in a supporting role. The achievement of this fourth phase is the dream of all trainers and instructors.

4. Conclusions

At the first question all trainers and riders confirm the importance of the horse quality. Then, they indicated the efficient methods to find out the future riders "feeling", but there is a need of specific work to help and determine the students (horses and/or riders) to develop it.

The aspect that pointed the importance of "the feeling" trainers said it is necessary for the students to have it, but it’s not enough in both cases. The possibility to become a champion is based in a great percent on work.

To like horses, even to love them is not sufficient to start riding lessons. It is obviously necessary to learn some basic aspects about them (keeping, feeding, anatomy, behaviour).

The trainer must try to correlate always the "feeling" of different riders with the character and the mentality of them and the available horses. Since every student had his own way to understand and improve his/her style, it is important for the trainer to learn how to solve their problems in one hand, and the horse-rider couple problems in the other hand.

Generally accepted is that in the relation horse-rider and trainer are four major basic steps. Within these phases the aspects may be treat differently but the expected result is always the same, to point out the best from the horse-rider couple for one reason: to win.

References