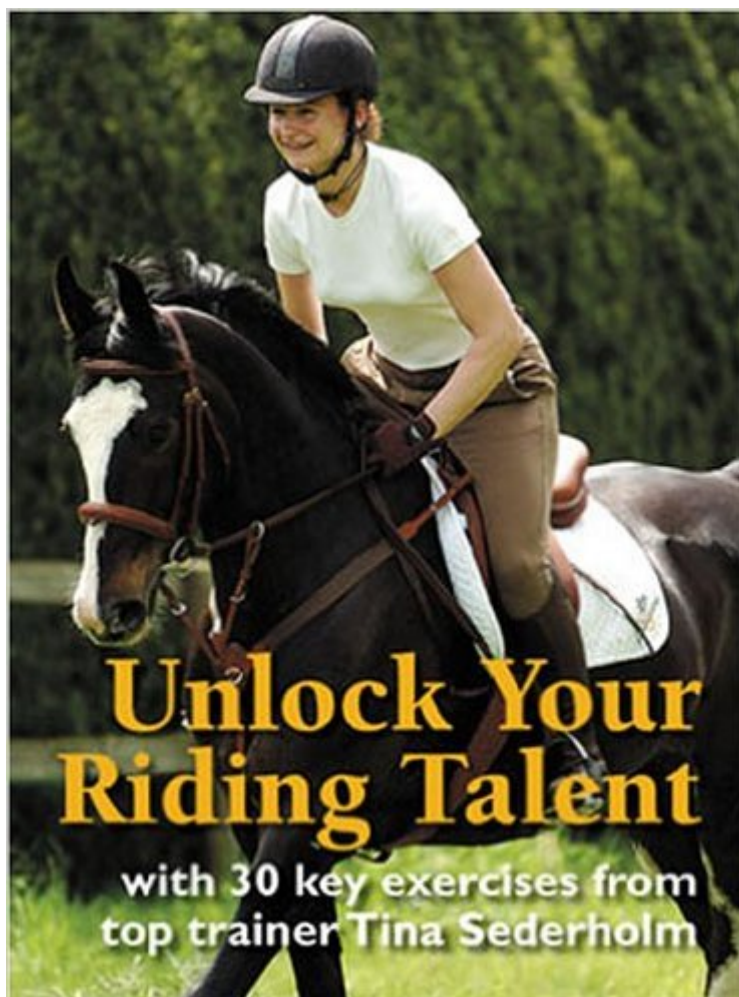


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# Unlock Your Riding Talent



## Synopsis

With a clear and down-to-earth approach from top trainer, Tina Sederholm, this book provides the building blocks that will enable you to reach your riding goals. Based on the systematic training approach used by her father Lars Sederholm uniting classical horsemanship with the demands of the competition world, Tina Sederholm introduces a series of exercises to help riders of all levels improve their skills. Set out in an easy to follow way, each exercise starts in its simplest form and progresses to more advanced versions making this book ideal for both novice and experienced riders alike. Packed full of stunning photographs, this book provides the theory and the practical exercises to achieve 'all-round horsemanship'.

## Book Information

Hardcover: 160 pages

Publisher: David & Charles (April 1, 2005)

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Product Dimensions: 10.5 x 7.9 x 0.8 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #2,353,756 in Books (See Top 100 in Books) #123 in [Books > Crafts, Hobbies & Home > Pets & Animal Care > Horses > Showing & Training](#) #1789 in [Books > Crafts, Hobbies & Home > Pets & Animal Care > Horses > Riding](#) #1904 in [Books > Sports & Outdoors > Individual Sports > Horses > Equestrian](#)

## Customer Reviews

I love this book. It makes sense on the page, and sense when I am riding. I've never had a lesson with Tina, but I tried out some of the exercises and they really work. It's as if she remembers what it's like to be an ordinary rider (though she's obviously not an ordinary rider and trainer herself!) and she has designed these exercises to suit the ordinary rider, and the more ambitious one, providing ways to train yourself for that. I also do a bit of teaching, and I tried out some of the simple stuff on my pupils and they loved it too! It's like I've got a never ending pot of ideas at my finger tips. This book will improve your riding no end.

It is a really great book but sometimes Tina gets a little sidetracked by how she uses the exercise

rather than explaining how to execute the exercise. With close reading it's possible to figure it all out though. I've incorporated a lot of her teachings into my training now. All in all, I'm glad I bought the book but I feel that unless you're a trainer there are more comprehensive exercise books out there.

Very helpful with some very specific tips to help you and your horse perform your best.

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