



# Stable Riding Seat

## CHECK LIST

### MY GOAL

Building a stable seat as a rider, so my hands can stay quiet and the contact can stay elastic

### CHECK 1

Standing Test (from a halt)

- I stand upright in my stirrups for 2 seconds
- My hands remain relaxed.
- If my seat slides far out of the saddle, my stirrups are likely too short.
- If I cannot lift correctly without tipping forward, my stirrups are often too long, or my weight is shifting onto my toes.

### CHECK 2

Posting Test (in rising trot)

- I post lightly of ten steps.
- Then I sit for ten steps. If my lower leg swings back and forth, I shorten the stirrup by one hole and repeat the exercise.
- If my knee tenses and my heel lifts, I lengthen the stirrup by one hole and repeat the exercise again.
- Small adjustments matter. A single hole can change my balance.