

Foreword

By **Adam Kemp**

I first met Gillian Higgins in 2012 when we were both invited, independently, to give a presentation at a British Horse Society conference at Hartpury College. I was immediately taken by her boundless enthusiasm for, and deep knowledge of, the relationship between anatomy, biomechanics and training of horses.

I've been training horses and riders for many years with a quest for performance enhancement in both horse and rider. Gillian has really helped me understand the anatomical and biometric possibilities of the horses' physiology and anatomy in my training philosophies.

Understanding what a horse's body is capable of is paramount in designing a training and educational regime to help bring the best out of each individual horse we are lucky enough to train. This book will help you understand what effects each training phase and exercise will have on your horse's body, which will assist you in designing a programme of performance enhancement training to suit his individual needs.

Performance enhancement requires firstly an assessment of your horse's needs, followed by a systematic training regime involving education, gymnastics, and body building. Gillian will help you understand these concepts, and guide you through the practical application of the theory.

Having had a very extensive education in the practicalities of training horses I have found it

refreshing and intriguing to learn more about the theories of biomechanics of the equine athlete's capabilities. This knowledge hasn't changed what I believe in or do. What it has done is greatly enhance the enjoyment I get from developing the equine athlete. I believe in maximising the horse's capability through education and physical development. Understanding the physiological implications of this process has served to further my thrill and wonderment of the challenge.

This book will help you understand what you are trying to achieve, and why success in training your horse is somewhat elusive! You will marvel at the success of your training, as much as you will rationalise your failings. Through systematic, educated reasoning you will see why things work, and why things don't.

Training a horse to be the best he can be is one of the most rewarding, and challenging things I've done. Things will go wrong on the way, but remember, you are the intelligent member of the horse/rider combination. He has immense physical strength that will always outdo yours. Your strength is in your head – use it wisely to win him over.

Horses are not machines. Use this book to help you embrace, and be richly rewarded by, this challenge.

Enjoy the book, and enjoy your horse.

Adam Kemp

